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SUBURBAN JOURNALS - #1 IN WEEKDAY READERSHIP WITH OVER 1.4 MILLION READERS

VOLUME 22, NUMBER 28

WEDNESDAY, APRIL 15, 1998

FIFTY CENTS

Tornado skips through area

Funnel strikes northern city area, misses Pontoon Beach

By Steve Whitworth
Telegraph staff writer

An apparent tornado swept through the Metro East on Monday evening, extensively damaging buildings in Edwardsville and Granite City and causing other damage around the area.

"It appears there was a tornado," said Dan Ferry, a meteorologist with the National Weather Service in St. Louis. "We had several reports of sightings from law enforcement personnel."

Ferry said an investigator from the Weather Service probably would visit Edwardsville Tuesday to try to determine if the damage there actually was caused by a tornado. He said radar readings during the storms also indicated the possibility of a tornado.

Ham radio operators reported seeing a funnel cloud over Edwardsville at 8:26 p.m. No injuries were reported anywhere in Madison County during the storms, authorities said.

In Granite City, the storm directly hit the Nameoki Trailer Court, toppling one large tree on top of one trailer on the 4000 block of Braden.

"There was no damage to the trailers or the

'One of my (firefighters) lives in the neighborhood and he's thinking (the tornado) jumped right over the city.'

Chief Keith Talley
GCFD

skirting," said Fire Chief Keith Talley, referring to the material that covers the bottom of trailers. "But the storm blew down an elm on top of one trailer, and smashed the roof into a 'V'."

Four other trailer homes were damaged, and numerous trees were pulled out by the roots. Other signs of damage near the intersection of Pontoon and Nameoki roads included missing tiles from the T-Hop purchase house, and various streamers and signs knocked around by the high winds. National Weather Service radar showed a possible tornado over Granite City at 8:05 p.m. Monday.

(See TORNADO, Page 3A)

Bowling for young at heart



By Patrick C. Heston
Staff writer

Esther Traylor admits to being the oldest bowler in senior league competition at Bowland Lanes in Granite City. It's just that she's not overly enthused about advertising her age.

Suffice it to say that Traylor was born during the administration of Theodore Roosevelt, the 26th president of the United States, and prior to opening construction on the Panama Canal.

Traylor, who has been bowling regularly for well over 50 years, has trouble remembering when she first took up the sport.

"I just don't recall how I got started bowling," she said with an irrepressible smile. "Let's just say it was a long time ago. I do remember that I started bowling while I was still working. Several of us from work, who liked to socialize as a group, started bowling together one day, and I've been at it ever since."

Traylor started bowling regularly in leagues during the 1940s, and was actually one of many bowlers who, in 1950, moved with Bowland Lanes when it left its downtown location to relocate at 5050 Nameoki Road. "We came out here with them," she said, "and we never did go back to the other alley."

(See BOWLING, Page 3A)

Fiddler makes festival annual event

By Mark Hodapp
Staff writer

He's a natural. That's how Kathleen Portz describes her son's fiddling. "But he practiced a whole lot," said Kathleen about her son, George Portz.

Kathleen Portz remembers her son practicing the fiddle in his room almost every night until midnight as a child.

'Every time I play it, I think of my grandfather.'

George Portz



George Portz has played the violin since the age of 9.

"Then he started playing in music festivals with the guys," she said.

Last week, George, 45, hosted his 19th annual fiddle festival and contest in O'Fallon. An estimated 700 people attended the show that showcased some of the country's best bluegrass musicians in the country, including George.

"He's just an all-around musician," Kathleen Portz said. "He can play bass, fiddle and guitar."

George, who now lives in Shiloh, first picked up a fiddle when he was 9. He has since won more than 100 first-place trophies, including the National Fiddle Open championship in 1982.

George also has played at ceremonies for Presidents Ronald Reagan and Richard Nixon, and made four appearances at the Grand Ole Opry in Nashville,

Tenn. George grew up in Granite City, and attended Coolidge Middle School. He now plays in his own band, the Friends of Bluegrass, which features his long-time friend, Zane Prosser.

"He's a joy to play with," Prosser said. "You do your part, and you know he will play his part."

Howard Portz said his son

had two good fiddle teachers growing up, his mother and grandfather, Perry Biggs.

George and Biggs also competed in several fiddle contests together. In fact, George and Biggs became the first grandfather and grandson to win the Illinois State Fair Champions in 1989. George won the open

(See FIDDLER, Page 3A)

Bridge now has wedding plans

By Scott Cousins
Staff writer

It's quiet on the Old Chain of Rocks Bridge right now, but in June there will be wedding bells and the roar of more than 60 Corvettes.

A St. Peters, Mo., couple, Cindy Rockwood and Rich Spickler, will be married June 27 on the bridge as a promotion by Gateway Trainnet, which is renovating the bridge as a pedestrian/bicycle trail; radio station K-HITS (96.3 FM); and the Red Cedar Inn and the Wagon Wheel Inn, both based in Missouri.

The nuptials will have a Route 66 theme. "We're going to have one of the original Corvettes from the

TV series, "Route 66," said Karlene McAllister, bridge project manager for Trainnet.

The wedding will be open to the public and will begin with a pre-wedding party at 1 p.m. on the Missouri side. The actual service will begin at 3 p.m. on the bridge.

Included in the festivities will be 66 Corvettes and the "King of Hearts Rock 'N' Roll Show," including an Elvis impersonator.

In the meantime, McAllister said renovation work is ongoing. The cost is expected to reach about \$3.4 million. The first phase, which would allow the bridge to be used by the public, cost \$1.3 million and included work on the bearings

(See BRIDGE, Page 3A)

Women to be honored May 6

Ten outstanding women who have contributed to the strength and health of the St. Louis area will be honored as 1998 Women of Achievement at a May 6 luncheon.

These exceptional women join 421 other Women of Achievement who have been honored since the program began in 1955.

The awards will be presented at the 1998 honorees during a noon luncheon May 6 at the St. Louis Ritz-Carlton. Reservations for luncheon tickets, \$25 per person, may be ordered by sending a check to:

Women of Achievement, Sub-Committee, 1714 Deer Tracks Trail, St. Louis, Mo. 63131. The deadline for reservations is April 24. Seating will be a tables of 10. For those wishing to sit together, reservations and payment for the group should be made at the same time. Those attending the luncheon on behalf of a particular honoree

should also include the name of the honoree. The 1998 Women of Achievement are Mary Randolph Balingier, volunteerism; Lisa Bate, business and community; Charmaine S. Chapman, community betterment; Margaret Dagen, lifetime achievement; Karen Duffy, social responsibility; Barbara Eagleton, cultural enrichment; Joan Lipic, volunteer leadership; Dr. Grace Shen Lo, international awareness; Sister Mary Jean Ryan, civic responsibility; and Denise Wright, community service.

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John Fuller, Meteorologist, KSDK NewsChannel 5
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68 49	67 44	60 39	63 43	

Tax deadline here

By Scott Cousins
Staff writer

With midnight fast approaching, the taxpayer rush is on. If figures supplied by the Internal Revenue Service hold true, almost half of the taxpayers in both the state of Illinois and the U.S. will have filed in the final three days.

Tax forms must be postmarked by today, April 15, to avoid interest and penalty charges.

In Granite City, Postmaster Sandra Rauch said items may be dropped until midnight at the main post office, 2350 Madison Avenue.

"Anything that gets deposited before midnight will be canceled on April 15," she said.

"We have an employee that comes in to tap that box at midnight."

Madison taxpayers will also have until midnight to drop forms at boxes in front, across the street from, and behind the post office at Sixth Street and Madison Avenue.

In Venice, mail will be collected and postmarked at normal times, so items placed after about 5 p.m. will not be marked for that day.

David Silvestri, IRS communications manager for Illinois, said that by Monday, only about half of the taxpayers have filed their returns.

"So far, for the state of Illinois, we have 2.1 million taxpayers who've filed, but there

(See TAXES, Page 4A)

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Hurt On The Job?

NEWS

And 'jurtice' for all Misspelled word leads to 10-year prison term

By Scott Cousins
Staff writer

The pessimists were right, there is no justice.

That "jurtice," a misspelling of the word "justice" on a forged green card, was one of the pieces of evidence used to convict a Mexican national in U.S. District Court this week.

On April 7 a jury in the U.S. District Court in East St. Louis found Alberto Guerrero-Martinez, 20, guilty of one count of possession of a false alien registration card — commonly referred to as a green card.

Guerrero-Martinez faces up to 10 years in prison for the offense. Sentencing is set

for July 17.

"This successful prosecution is one more example of our efforts to enforce criminal statutes relating to immigration," said U.S. District Attorney W. Charles Grace. "We will not overlook such criminal violations. To do so would penalize lawful immigrant workers and their legitimate employers, all of whom are trying to obey these laws."

Guerrero-Martinez was initially arrested by Fairmont City police officers for driving without a license. The counterfeit green card was discovered while they were booking him.

He had been arrested and removed from the United States by the Immigration and Naturalization Service twice

before, first in 1995 and again in 1997.

After his arrest, INS agents began an investigation and discovered Guerrero-Martinez had used the counterfeit green card to obtain employment at Brickman Limited, a landscaping company with several locations in the St. Louis area that has had prior problems with the INS.

In September 1997, INS agents had raided the company. Approximately 50 illegal alien employees were detained and deported as a result of the raid.

At Guerrero-Martinez's trial, Brickman managers testified that they had "simply failed to notice" that the word justice appearing on Guerrero-Martinez's green card was incorrectly spelled jurtice.



DARE contribution

Granite City Police Department DARE Officer Phil Popmarkoff, top left, accepts a donation from Eagle Captain Ruth Henson and Eagles Auxilliary President Mildred Boyd. Joining Officer Popmarkoff in thanking the Eagles are Lake School-Principal Nancy Sanders, top right, and fourth-graders Corey Doty and Candace Gabbard, front left, and fifth-graders Tabitha Smith and Chris Fulton, front right. The Eagles raised \$1,000 for DARE with their bingo earnings.

Library week set to go

This National Library Week, April 19-25, why not take a trip around the world? The only passport you'll need is a library card.

Libraries have always connected their users to faraway people, places and events through books, magazines and print materials.

Today, a rapidly growing number of public, school and college libraries also connect their users with information resources from around the world via the Internet.

Libraries and library supporters will celebrate these global connections during National Library Week with the theme, "Kids Connect @ the Library" or "Connect @ the Library." This year marks the 40th anniversary of the annual event.

Here are some tips on how you can "go global" at your library:

Society to offer advance orders of Centennial Book

The Old Six Mile Historical Society is planning to have 500 copies of "Granite City: A Pictorial History" printed if enough orders are received.

The book was published for Granite City's centennial celebration in 1996, and tells the story of the city from its founding to the present day.

Members of the Old Six Mile Society will take orders from 1 to 4 p.m. Friday and Saturday at the Granite City Branch Library, 2145 Johnson Road.

The price for each copy is \$35 and must be paid at the time of ordering.

- Get answers. How much is a Mexican peso worth? How tall is the Eiffel Tower? What's the weather like in Brazil? Whether you're planning a trip, writing a paper or just plain curious, your librarian can help find the answers.
- Borrow books. Check out folk tales and stories to introduce children to people and culture.

(See LIBRARY, Page 4A)

By Scott Cousins
Staff writer

Action on several items relating to developments in the city of Madison's tax increment financing district have been taken by the City Council.

Temporary road and sewer improvements related to the opening of the Gateway National Golf Links course were approved by the council, along with a resolution to allow larger signs at Gateway International Raceway and other developments.

At the April 7 meeting, the council approved paying up to \$6,850 to surface the frontage road leading to the golf course's parking lot and installing a septic tank for the clubhouse.

Both projects were part of

MADISON

the pre-annexation agreement between the city and golf course developers, and have to be completed before the May 1 opening. The city approved the temporary improvements because of the time involved.

The cost of the septic system will be \$6,850.

Mayor John Hamm said a permanent forced-main sewer would be installed for the golf course some time in the fall, but the temporary septic system was necessary because of the Illinois Environmental Protection Agency permitting process for the permanent sewer system.

The roadway will be

Luther joins BAC staff

Judith Luther of Granite City has joined the staff of Belleville Area College as the Activity I Director of Title III Student Success.

She is responsible for coordinating activities funded by a federal grant to strengthen basic skills of students at the

college and to improve student retention rates.

Luther holds two bachelor's degrees and a master's degree in English.

She has lived in Ohio and Kentucky and came to BAC from a community college in Chanute, Kan.

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Bridge

(Continued from Page 1A)
and repairs to one of the bridge piers.

The major structural work on the bridge has been completed, and Trailnet officials now are planning for minor structural and aesthetic repairs, the wedding and a grand opening slated for fall.

"Right now a lot is going on internally," McAllister said. "We're getting ready for the next phase, which is painting the rails of the bridge and putting in fencing."

She said they probably will go out for bids for those projects in June.

They also are going to bid out replacement of curb sections and new expansion joints, which allow the bridge to move, that will be more bicycle and in-line skating friendly.

"We're hoping for an opening in late September," she said.

McAllister said the tentative date is Sept. 26-27.

On Sept. 26, officials are planning a fund-raiser on the bridge.

"I think they're going to base it on a Route 66 theme," McAllister said.

The public opening would be the next day.

McAllister said interest in the bridge is starting to grow.

Finished in 1929, it served as a part of Route 66. "America's



People line up at 7:30 a.m. Feb. 8 for a chance to tour the Old Chain of Rocks Bridge at Gateway Trailnet's open house.

Highway," which ran from Chicago to California.

For most of its life it was operated as a toll bridge by the city of Madison, which still owns it. The bridge was closed

after the completion of the new Interstate 270 Chain of Rocks Bridge.

"A lot of (interest) is coming in from Route 66 organizations," McAllister said. "But

different environmental organizations are starting to take notice."

"I think once the bridge opens it will be a major attraction."

Tornado

(Continued from Page 1A)
"One of my (firefighters) lives in the neighborhood and he's thinking (the tornado) jumped right over the city," Talley said.

There were no fatalities reported in the Granite City, Edwardsville, or Maryland Heights, Mo., areas. The storms hit the latter city the worst, damaging at least 40 buildings and cutting power to numerous residents.

Whether it was caused by straight-line winds or a tornado, the worst damage on the Illinois side of the river occurred in Edwardsville around the intersection of Center Grove Road, Goshen Road and Highway 159.

Four buildings in the area sustained what Edwardsville Fire Chief Mike Karlechik called "relatively moderate damage." They were The Auto Body Shop, 6665 Center Grove Road; The Floor Show, 6657 Center Grove Road; the Moose Lodge 1561, 506 Goshen Road; and KinderCare Learning Center, 500 Goshen Road.

Karlechik said the four buildings sustained "relatively moderate damage, mostly to the roofs."

"I didn't see any major structural damage, but I didn't go in the interiors," said Karlechik, who said all four buildings were evacuated when firefighters arrived.

A major power line was downed in front of the Dobbs Tire and Auto Centers Inc. store at 2466 Troy Road, Karlechik said. He said that had been cleared as of 10 p.m., but some residences and businesses in the area remained without power.

There also was a gas leak at the Moose Lodge after it was damaged, but the leak was capped, the fire chief said.

About 20 firefighters helped clear debris from the area, he said. Police continued to direct traffic in the area late Monday night because some traffic signals remained inoperative.

The west side of The Floor Show was blown in, witnesses said. At The Auto Body Shop, about half of the roof was torn off, they said.

Immediately after the storm blew through, shreds of pink insulation from one of the buildings were scattered all over the scene, witnesses said. Long strips of roofing mate-

rial were wrapped around trees and utility poles at the scene, authorities said.

Workers from Illinois Power Co. responded to the scene to shut down power where debris strewn about by the storm was hanging on power lines.

After the weather settled down, a large crowd of onlookers went to the scene to see the damage.

One witness in the area of the damaged buildings in Edwardsville said he saw "a funnel in town" at the top of these things, but he didn't see it actually touch down.

At the Moose Lodge, about half of the roof was blown off. Two people who were inside the building when the storm struck escaped injury, authorities said. There also was considerable damage to the roof and playground equipment.

Several people reported seeing a funnel cloud pass through Pontoon Beach shortly before 6:30 p.m., said Christina Branch, front desk clerk at the Tri City Ramada Ltd., just south of Interstate 270 on Highway 111.

"Some guys here said they saw the tornado," Branch said. "Five or six people said they watched it go right past us."

The motel's largest sign toppled at about 6:30 p.m., said Branch, and debris was blown into the median of Highway 111, Branch said. She also said she heard reports about a house in a nearby subdivision having its roof blown off.

There was a trampoline that blew in front of her front door, she said.

The downed power line also caused traffic to be halted temporarily on Interstate 270 at Interstate 255, just east of Pontoon Beach, authorities said.

Jack Quigley, director of the Madison County Emergency Management Agency, said local law enforcement and fire departments dealt with all the damage reported in the county.

"We kept in contact with local officials, and they told us they had everything under control," he said.

Additional information for this story was provided by Journal City editor Scott Kelly, Telegraph City Editor David Grubaugh, staff writer Dennis

Bowling

(Continued from Page 1A)
Every Thursday and Friday at 12:30 p.m., Traylor can be found on the Bowland lanes, maintaining an average that she is as shy to advertise as her age.

"I don't carry much of an average," she said with a laugh, refusing to be pinned down to a concrete figure. "Even though I bowl a lot, my average isn't very high. Oh, I used to bowl pretty good. But you know, when you get old like I am, you just don't do much any more."

But don't be fooled by Traylor's downplay of her abilities.

The thin-framed, attractive senior, with a lively step and spirit, was in the midst of a 100 game as she spoke.

But bowling is just one of several activities that keeps Traylor constantly on the move. "We play cards all the time," she said. "And we have a lot of company and are on the go a lot."

If there is any specific aspect of bowling that keeps Traylor involved in league play twice a week, it is the other seniors with whom she bowls.

"I just enjoy being with people. I love people," she said. "There is good fellowship and lots of fun when we're all together. Bowling itself is really secondary to just being together. That's the fun of it: just being with people who enjoy being with people."

When asked what aspect of the sport was most difficult for a person in their 90s, Traylor responded without hesitation. "Nothing," she said. "There is nothing at all hard about bowling. It's as easy as it is fun."

Bowland offers senior leagues daily, Monday through Friday, at 12:30 p.m. Over 400 bowlers, ages 55 and over, participate on a weekly basis.

The senior league season runs from early August through late April, followed by year-end banquets. The last week of league play is "Sweepstakes" week, where bowling is free to all participants.

Senior leagues are always welcoming new members. Any interested individual may call Bowland Lanes at 931-0505.

If the smile on Esther Traylor's face and her bubbly, young-at-heart spirit are any indication, there's not a much better way to spend an afternoon.

Festival provides good time for fiddlers

By Mark Hodapp
Staff writer

They love it here, said Harold Portz about last Saturday's 19th annual O'Fallon fiddle festival and contest.

"Everybody does," Portz said. "They can jam in the basement. They have good food. And it's clean and neat."

Harold's son, George, started the contest in hopes of preserving our American heritage's music.

"I have always been in love with fiddle contests," said George Portz.

George Portz said he always has loved playing the fiddle, too. Fiddle contests have been held in the United States since the 1800s.

"Even President Andrew Jackson played the fiddle," George Portz said.

There's something about this four-string instrument that captures the imagination of players and fans alike. George's mother, Kathleen

Portz of Shiloh, said she's not exactly sure why that it is.

"Maybe it's a challenge you take," she said. "Maybe it's just the sweet tone you get out of it."

Tom Barnett of Godfrey said he enjoys playing the fiddle.

Tom Barnett of Godfrey said he enjoys playing the fiddle. "It's something us fiddler players like to do," said the 69-year-old Godfrey resident. "It's something almost anyone can do, but it's not an easy instrument to play."

Barnett has played the fiddle for more than 50 years. He said he can play between 500 and 600 tunes.

"They say as long as you live, you can play the fiddle," he said.

The fiddle is often times an instrument that is passed down from generation to generation.

Mike Schambre, 9, of Festus, Mo., said his grandmother introduced him to the fiddle.

"I said I guess I will play," he said.

Fiddler

(Continued from Page 1A)
division while Biggs won the senior division.

After years of dominating the state fair fiddle contest, George currently serves as its main judge. He won the state fair contest five consecutive years in a row, starting in the mid-1970s.

George credits his success to

is parents and Biggs, who also had the distinction of being known as the best fiddle player in his county, George said.

George said he still thinks a lot about his grandfather, who died in 1987 at 93. Biggs played his fiddle right up to the night he died.

"He was with me at every contest," George said.

George also plays his Biggs' fiddle, which his grandfather found in 1929 in Crownwell, Okla. His grandfather gave the fiddle to him after the 1969 Illinois State Fair Fiddle Contest.

"Every time I play it, I think of my grandfather," he said.

George has a following wherever he plays. Matt Bolar of Litchfield said he "just loves to be around where he plays."

"He puts all of his heart into it," Bolar said.

John Barnett of Godfrey met George at a fiddle festival 15 years ago.

"He's just a real nice guy, and an enthusiastic fiddle player," Barnett said.

In addition to teaching others how to play the fiddle, George also is the wrestling coach at Collinsville High School. As he sees it, teaching others how to play the fiddle is his way to keep "our heritage's music alive."

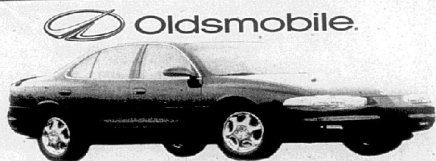
Aaron Hummert of Swansea is one of his students.

"He gives me a lot of opportunities like playing here (at the O'Fallon fiddle festival)," said Hummert, 13. "I try to follow him and respect him a whole lot."

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OBITUARIES

Preston Adams

PRESTON "PETE" ADAMS, 76, of Granite City died April 10, 1998, at Christian Hospital Northeast in St. Louis.

Mr. Adams was born July 9, 1921, in St. Louis, Mo. He was a member of the Calvary Baptist Church, and a member of the Calvary Baptist Church. He was a member of the Calvary Baptist Church.

Survivors include his wife, Lucy (Howard) Adams; two daughters, Brenda York of Granite City, and Jacqueline Mink of St. Louis; three sisters, Marie Johnston of Clarksville, Tenn., Thelma Delamater of Carls, Tenn., and Mary Wolford; two brothers, Floyd Adams of Cumberland City, Tenn., and Wilton Adams of Carls, Tenn.; six grandchildren, and two great-grandchildren.

He was preceded in death by his parents, Henry and Ora (Jackson) Adams; one brother, Edward Adams. Services were Monday, April 13, at Calvary Baptist Church, with the Rev. Fred Boatright officiating. Burial was in Sunset Hill Cemetery.

Memorials may be made to the Church Building Fund. Irwin Chapel handled the arrangements.

Dennis Carter

DENNIS RAY CARTER, 44, of Collinsville died Tuesday, April 7, 1998, in Phoenix, Ariz. He was born Feb. 11, 1954, in Granite City, Mo.

Mr. Carter was a cable installer and a U.S. Army veteran.

Survivors include his wife, Tina; two daughters, Tiffany and Tami; two sons, Shane and Joshua; and his father, George Carter of St. Charles, Mo.; two sisters, Deborah Holman of Collinsville and Lonna Summers of Lebanon; his brothers, Jeff and Jamie Carter; and one grandchild.

He was preceded in death by his

mother, Alma (Edwards) Carter.

Private services were April 11 in Granite City.

Martha Watson

MARTHA J. WATSON, 90, of Venice died April 12, 1998, in St. Louis.

Ms. Watson was born Oct. 6, 1907, in Venice. She was retired from Federal Oil in Madison as a bookkeeper.

Survivors include her two sisters, Edith Carpenter of Granite City, and Esther Watson of Venice; one nephew, Thomas C. Carpenter of Granite City; one great-nephew, Thomas P. Carpenter of Venice; three great-grandnephews, Chris, Kyle, and Cameron Carpenter all of Granite City.

She was preceded in death by her parents, Henry and Martha (Levell) Watson; one sister, Mary Watson-Smith; and one niece, Wendy Meyer.

Graveside services will be 10 a.m. today, April 15, at Sunset Hills in Glen Carbon, with the Rev. William Mullis officiating.

Irwin Chapel handled the arrangements.

Theodore Loman

THEODORE LOMAN, 87, of Granite City died April 11, 1998, at St. Elizabeth Medical Center in Granite City.

Mr. Loman was born May 9, 1910, in Novi, Macedonia. He was a retired Bowling Alley Proprietor and a member of the Holy Trinity Bulgarian Eastern Star Orthodox Church.

Survivors include his three sisters, Tomea Kirchoff and Eva Loman; both of Granite City; and one brother, Barry Loman of Granite City.

He was preceded in death by his wife, Mary "Mickey" (Musk) Loman; and his parents, Thomas and Helen (Yahoff) Loman.

Services were Tuesday, April 14, at Irwin Chapel in Granite City, with the Rev. Peter Stamboulis officiating. Burial was in Sunset Hill Cemetery.

Memorials may be made to the Holy Trinity Bulgarian Eastern Orthodox Church.

Carl Dixon

CAROL D. DIXON, 61, of Reads-ville died Saturday, April 11, 1998, at his residence.

Mr. Dixon was born June 1, 1936, in Tebbets, Mo. He owned and operated Readsville Trading Post.

He was preceded in death by his

father, Carl Dixon; and his mother, Alma (Edwards) Carter.

Private services were April 11 in Granite City.

Survivors include his wife, Edith (Wallis) Dixon; one daughter, Carolyn Hazlett of Fayette, Mo.; one son, William "Bill" Dixon of Fulton, Mo.; four grandchildren, Zachary Hazlett and Elizabeth Hazlett of Fayette, Mo.; one nephew, James, Jr., Joy, and Jeanne Hazlett of Fayette, Mo.; and one niece, Wendy Meyer.

Graveside services will be 10 a.m. today, April 15, at Sunset Hills in Glen Carbon, with the Rev. William Mullis officiating.

Irwin Chapel handled the arrangements.

Memorials may be made to the Church Building Fund.

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He had been involved with children, Scouts, Girl Scouts and organized the Boy Scout Troop in Reads-ville, helped organize the Home Show Tournament for the Callaway County Fair, a board member of the North Callaway Fire Protection District, and a member of the Bethel United Methodist Church of Reads-ville. He was a member of the International Association of Machinists and Aerospace Workers Lodge #537.

Survivors include his wife, Edith (Wallis) Dixon; one daughter, Carolyn Hazlett of Fayette, Mo.; one son, William "Bill" Dixon of Fulton, Mo.; four grandchildren, Zachary Hazlett and Elizabeth Hazlett of Fayette, Mo.; one nephew, James, Jr., Joy, and Jeanne Hazlett of Fayette, Mo.; and one niece, Wendy Meyer.

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James Edward Dickerson

JAMES EDWARD DICKERSON, 71, of Piedmont, Mo., formerly of Collinsville, died Thursday, April 9, 1998. He was born Jan. 26, 1927, in Elco.

Mr. Dickerson retired as a foreman from Laclede Steel in Madison and was a U.S. Navy veteran. Survivors include his wife, Selma "Sally" (Norstad) Dickerson; four sons, James Dickerson of Festus, Mo., Robert Dickerson and Thomas Dickerson, both of Overland Park, Kan., and Ronald Dickerson of St. Charles, Mo.; one brother, Jesse Moad of Collinsville; two sisters, Billie Hasty of Granite City and Joann Sharp of Cobden; and seven grandchildren.

He was preceded in death by his parents, Owen and Esther (Tindal) Dickerson Moad; and a stepfather, Joseph Moad.

Services were Tuesday, April 14, at Irwin Chapel in Granite City, with the Rev. Wayne Taylor officiating. Burial was in St. John Cemetery in Granite City.

Memorials may be made to the Church Building Fund.

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NEWS

Chairman wants police to train for crime solving

By Mark Hodapp
Staff writer

New Southwestern Illinois Law Enforcement Assist 14 Advisory Board Chairman Don Slaznik wants to empower police like they've never been empowered before.

Slaznik, the police chief in O'Fallon, wants to see police take a more active role in "community policing."

In the past, police often were instructed to write their reports and to resume patrolling on the streets, he said. Slaznik said he'd like to see police solve the cases. In order to do that, police will need additional training, he said.

That's also where Slaznik sees the SLEC playing an important role. SLEC is a state-wide in service training organization that serves the seven counties of Bond, Clinton, Madison, Monroe, Randolph, St. Clair and Washington.

'This means an officer's level of office continues to be challenged.'

J.W. 'Skip' Bennett
SLEC director

The major mission of the SLEC mobile team training unit is to provide traditional, and state-of-the-art quality law enforcement training to officers.

Some 70 local units of government and 1,500 officers are in the regional SLEC partnership.

J.W. 'Skip' Bennett, director of SLEC, said "community policing" is nothing new, noting it has been around for years.

The public, however, must

provide additional assistance if this policing tactic is to become successful, he said.

Bennett said because of changes in technology, police are required to work more complex cases today. He cited child pornography on the Internet as an example.

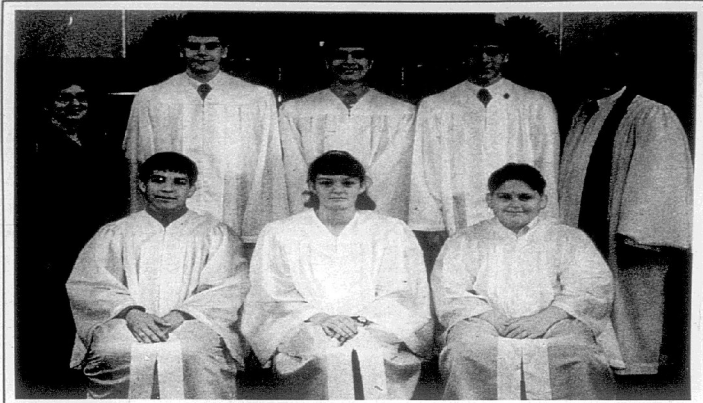
"This means an officer's level of office continues to be challenged," he said.

Slaznik has 23 years of experience in law enforcement, and had served as president of the Illinois chief of police in 1996.

He moved to O'Fallon where he was hired as director of public safety Aug. 1, 1996.

Slaznik said he looks forward to his assignment with SLEC because it will keep him in contact with the local issues affecting police.

Chief David Reubhausen of Granite City Police Department was elected vice-chairman.



Church confirmation

Six young people were confirmed into the membership of St. John United Church of Christ on Palm Sunday, April 5. The Rev. Allen Reiter and the Rev. Denise McGary officiated at the ceremony and presented each confirmant a pendant, the symbol of the United Church of Christ, as a gift from the congregation. Pictured are, from left, front row: Joshua Douglas, Alica Hollenbeck, Michael Mickelson. Back row: Rev. McGary, Adam Heath, Jeremy Nighohossian, John Smith and Rev. Reiter.

High water hampers lock inspection

By Ande Yakstis
Telegraph staff writer

High water is hampering inspection of damage from barges that slammed into a wall at Melvin Price Locks and Dam.

The Mississippi River will fall two feet to 23.7 feet Saturday but will surge back up to 25.5 feet Wednesday, said Ray Kopsky Jr. of the Water Control Office of the U.S. Army Corps of Engineers in St. Louis.

"Heavy rains in Iowa will push the river back up about four feet above the 21-foot flood stage at Alton."

"The water will have to drop to a least 20 feet before we can look at the walls and find the extent of damage from the barges," lockmaster Tom Miller said.

A towboat pushing 15 barges

'The water will have to drop to a least 20 feet before we can look at the walls and find the extent of damage from the barges.'

Tom Miller
lockmaster

crashed into a wall leading to the 1,200-foot lock at 10:30 p.m. Monday.

One barge sank, four were damaged, and five swirled wildly in the current through the open dam gates.

"The barges broke a chunk

of concrete off the side of one dam wall and damaged two other walls," Miller said. "The steel piling on one lock cell was also damaged."

The walls are submerged, Miller said.

"The water will rise again on Sunday and it will prolong the time until we can inspect the walls for damage," he said.

Corps engineers were optimistic about completing their inspection Monday after they learned the river would fall three feet to 22 feet Sunday.

But news Thursday that the river would start rising again left them disappointed.

"Some big storms are predicted to drop plenty of rain in Iowa and Wisconsin this weekend," Kopsky said. "The water from the rain will flow down the river to Alton."

Casino Queen spokesman responds to barge fear

By Mark Hodapp
Staff writer

A Casino Queen spokesman said the odds are slim that a barge or another vessel could hit the East St. Louis gambling boat while docked on the Mississippi River bank.

Ron O'Connor said the Casino Queen owners had earlier completed several safety measures, which he believes could prevent a boating accident like the one Saturday on the Missouri side of the Mississippi River.

At approximately 7:50 p.m. Saturday, the towboat Anne Holly and its 14-barge tow col-

lided into a pier of the Eads Bridge. Three of the barges later hit the President Casino on the Admiral.

Among other things, the Casino Queen has 60-foot columns drilled into the river bank that protect the boat when its docked from other transportation on the river, O'Connor said.

Unlike the President Casino, the Casino Queen also is subject to quarterly inspections by the U.S. Coast Guard, he said.

Bob Hildebrand, chief planning officer for the Coast Guard's Marine Safety division in St. Louis, said these quarterly inspections include a series of checks on fire procedures, personnel safety procedures, machinery requirements, lifesaving procedures and sanitation.

"It's a very detailed inspection that takes up three days to complete," he said.

If a problem is found, and depending on its severity, the boat has up to 30 days to correct it, Hildebrand said.

If a gambling boat has the problem, the owner's gambling

license is immediately pulled until the corrections are made, Hildebrand said.

Hildebrand refused to disclose which, if any, boats had failed these quarterly inspections in the past.

The Coast Guard does not inspect the Admiral because it's considered a building by the St. Louis Fire Department because it does not move, Hildebrand said.

The Casino Queen also has three main power generators and two backup generators that run continually, which means the boat would never lose its lights or public address system, O'Connor said.

The Casino Queen has also a mutual aid fire agreement with the area professional fire departments, including East St. Louis and Belleville.

The Casino Queen conducts evacuation drills on a monthly basis and an annual drill.

But Hildebrand said when the Casino Queen is floating, it's safe.

"It's like a freeway. You know there is a possibility that an accident could happen."

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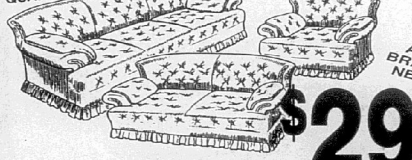
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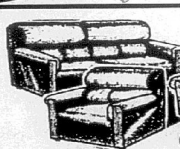


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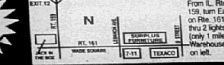
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Home director says correct procedures were followed

By Sanford J. Schmidt
Telegraph staff writer

Madison County Nursing Home workers followed proper procedures in refraining from notifying resident William Morton's doctor of Morton's erratic behavior, director Roger Holston said Friday.

That is because Morton was behaving that way when he first entered the home and before, Holston said. He was reacting to a state report that said the Madison County Nursing Home violated state law in its care of Morton, 85, of Collinsville.

Morton fell out of a third-floor window of the home Feb. 15 and died.

"From the day he was admitted, there was not a significant change in this gentleman," Holston said.

He said Morton's doctor and his family knew of Morton's behavior.

The report from the Illinois Department of Public Health said the home violated state law when it failed to notify Morton's doctor of changes in his behavior that allegedly led to his falling out the window.

"The physician has to be informed to adequately oversee each individual," said Tony Sanders, a spokesman for the department.

"The home also used a restraint without a doctor's order, and you need a doctor's order to do that," he said.

The department issued five counts of negligence against the home. In addition to failure to tell the doctor of changes in his behavior, the home was cited

for using a physical restraint without an order, failure to revise his care plan, failure to supervise staff and failure to provide for the resident's safety.

Hotston said the nursing home is culpable in using the restraint without a doctor's order. However, the staff did act properly in other regards, he said.

He also said that the state found nothing wrong with the physical plan, including the window from which Morton fell. He also said the state mandates windows must be easy for residents to open and close.

The report documented several instances in which Morton had threatened to leave, either out the door "or out the window."

He reportedly said: "If I'd known you were going to treat me like a prisoner, I wouldn't have come here."

The report quoted Morton's doctor, who was not identified, as saying that if he had known of Morton's behavior, he would have changed medications to prevent him from wandering and being aggressive and combative.

Hotston said the doctor "can say what he wants" but that the doctor was aware of Morton's behavior.

He added that federal mandates require that each resident be given the maximum amount of freedom possible.

He said federal law considers it a violation of a patient's or resident's rights to restrain him either with physical restraints or with drugs.

Meanwhile, some county officials are saying the incident and state report support the argument the county does not belong in the nursing home and shelter care home business.

"It proves we are not able to operate and finance a nursing home," said Jack Frandsen, board member from Alhambra. County Auditor Fred Bathon said such incidents expose the county to a financial drain beyond normal operations of the homes.

Bathon said Friday the money from a possible lawsuit over alleged negligence would come from a \$8 million tort liability fund, paid from a tax.

He said a tax of 5 cents per \$100 of assessed valuation pays for the operation. The homes already draw on the fund because of the large number of workman's compensation claims that arise from those operations.

"That's what I'm trying to tell people: that these homes are tremendously expensive beyond what you might see in a budget."

Haine: Board must decide homes' fate

By Sanford J. Schmidt
Telegraph staff writer

Troubles continue to pile up for backers of the Madison County Nursing and Shelter Care homes.

In a ruling made public Friday, Madison County State's Attorney William Haine said the decision on whether to close the homes need not go to another referendum, as supporters had speculated.

The decision rests with the County Board, Haine said.

Backers, such as County Board member Robert Stille, D-Edwardsville, had speculated that a referendum may be needed to close the homes.

He and others said a state law provides that if the homes were established by a referendum, then only a referendum could close them.

Stille said Friday that he has not talked to Haine about another referendum, so he would not comment on the matter.

Haine said County Clerk Mark Von Nida has discovered an item in the board minutes from 1953 in which the board voted to start the home, answering the question of whether a referendum is needed.

'Even with a new building, there is no way we can operate those two homes without taxpayers money.'

Fred Bathon
county auditor

ed.

"This clears it up," he said. "The decision rests with the County Board."

Meanwhile, Madison County Auditor Fred Bathon said a recent move by the Health Institutions Committee to hire a consultant to study keeping the homes open is "a complete waste of taxpayers' money."

Bathon said spending up to \$50,000 to continue the operation would not tell board members anything he has not already told them.

"Even with a new building, there is no way we can operate those two homes without taxpayers money," Bathon said.

"As long as we keep both

homes, we keep wasting money. Combined, these two homes are not anywhere close to breaking even."

He was responding to a resolution drafted by the County Board's Health Institutions Committee to hire a consultant to study whether it's financially possible to operate.

The committee also wants to get a price on county-owned land that might be sold to raise money to build a combined home.

Bathon said a new home isn't a solution. He said it may be possible to phase out the two, leaving the nursing home operating longer than the shelter care home.

"The Nursing Home is closer to breaking even than the Shelter Care Home," Stille said Friday that Bathon, who is running for county treasurer, should stay out of the debate over keeping the homes open.

"If Fred Bathon is running for county treasurer, he should stick his nose to county treasurer's business. He should be sticking his nose into how to save the taxpayers' money in the treasurer's office," Stille said.

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bell. He checked with his credit card company which told him the charges were from an Internet provider.

"It was one of those deals where something was not right on the bill," Fischer said.

The provider was cooperative and gave deputies the name of the man who was billing visits to a pornographic web site to Fischer's card number.

Fischer said detectives found out that Betts was using a computer at Southern Illinois University at Edwardsville to call up the pornography.

Detectives contacted Betts and brought him in for questioning, and he reportedly admitted making the charges.

He was charged Wednesday in Circuit Court in Edwardsville. Judge Charles V. Romani set bond at \$50,000.

Man allegedly used deputy's card to buy pornography

By Sanford J. Schmidt
Telegraph staff writer

A top sheriff's deputy got a shock when he looked at his credit card bill and found some charges he had not made, but a man charged with fraud may have gotten an even bigger shock.

Daniel Betts, 19, of Pochahontas is charged in Circuit Court with computer fraud for allegedly charging Internet pornography to a credit card belonging to Capt. Dennis Fischer, the chief of the Madison County Sheriff's Department Patrol Division.

Betts allegedly used a computer to obtain Fischer's credit card information, then used that information to make the charges.

Fischer said he became suspicious when he noticed the \$90 on his bill that did not ring a

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BUSINESS

Act now to reduce '98 tax bills

As you get ready to write that check to the Internal Revenue Service, you may be asking yourself, "What was all that excitement over the new Taxpayer Relief Act?"

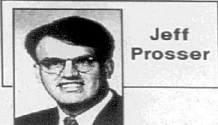
True, the new tax laws didn't do much for your 1997 tax bill — but you should see some benefits when you file your return next year. Many of the provisions took effect Jan. 1, 1998, so now is the time to make any change that could lower your tax next year.

Here are some of the benefits of the new law:

- **IRAs.** Starting this year, taxpayers have three IRA options: traditional deductible IRAs, Roth IRAs and nondeductible IRAs.

Deductible IRAs are available for people not covered by employer-sponsored plans, as well as for those covered by such plans but whose adjusted gross income (AGI) falls under certain limits. The new tax law not only raised these limits starting in 1998, but also allows spouses to make fully deductible IRA contributions regardless of whether their spouse has a plan at work, as long as their AGI is below \$150,000.

If you can't make a deductible IRA contribution, you may find a Roth IRA more appropriate. Although contributions aren't deductible, deductible IRAs can generally be taken tax- and penalty-free, as long as the money has been in the account five years and you're 59½ or older or meet certain



Jeff Prosser

withdrawal requirements. However, the Roth is available only to couples with total adjusted gross income up to \$150,000 (\$95,000 for singles).

Those who don't qualify for a deductible or Roth IRA can still enjoy the benefits of a nondeductible IRA — namely, tax-deferred growth of your savings.

If you're considering switching funds from a traditional to a Roth IRA, you owe taxes, but if you convert this year, you can spread your tax liability over the next four years.

- **Capital gains.** The top tax rate on capital gains is now 20 percent for investments you've owned more than 18 months and sold after May 7, 1997 (10 percent for those in the 15 percent bracket). The old top rate of 28 percent still applies to investment held more than a year but not more than 18 months. And gains on investments held less than a year taxed as ordinary income.

If your portfolio is overweighted with one type of investment or industry, or if you own investments that no longer meet your objectives, the lower tax rates may pro-

vide an opportunity to reposition your assets.

- **Education savings.** Starting this year, taxpayers can contribute up to \$500 per year after taxes to education savings accounts for each child up to age 18. Earnings in the account grow tax-deferred, and withdrawals are tax-free if taken for qualified education expenses. If your kids are close to or already in college, the savings account is probably not appropriate, but you do have two new tax credits.

The Hope credit can cut your taxes by up to \$1,500 a year per student for tuition during the first two years of college. The lifetime learning credit lets you take up to \$1,000 a year off your tax bill. It can be claimed for any year in which you don't take the Hope credit for the same student.

Paying off a student loan? You can now deduct student loan interest in the first five years of a loan payoff, up to \$1,000 in 1998. This limit will increase each year, reaching \$2,500 in 2001. The deduction, however, is only available to joint filers earning less than \$80,000 (\$40,000 for singles).

These are just a few of the new tax laws. Other provisions include lower taxes on home-sale profits and increase in the estate-tax exclusion and child tax credits. Consult your tax adviser today to see how you can take advantage of the new tax laws, and maybe next April 15 will be a little more pleasant.



New business

Celebrating the opening of Colleen Steinkoenig's Chiropractic Center are, from left: Janet Mills and Kathy Goclan of the Tri-Cities Area Chamber of Commerce; chamber Executive Vice-President R.C. Bush; Granite City Fire Chief Keith Talley; Steinkoenig's mother Jan Monaghan; Michelle Bringer; Granite City Mayor Ron Selby; Steinkoenig's father Jim Monaghan; Ray Schultz; Steinkoenig's husband Glen, holding their son, Devon; Colleen Steinkoenig, DC; Tina Cuvor; Harvey Cohen; and Ed Besserman.

Producers need plan for marketing

Most marketing experts advise producers to develop a marketing plan. You should analyze the markets, come up with a plan and then follow a strategy that will ensure a profit. Sounds simple, but it is much more complicated.

For instance, just understanding the current situation is hard enough, much less what will be happening six months later. Consider this year's corn crop. There still may be some upside potential for the next few months. Unless we have some serious weather or production problems, prices probably be lower at harvest. How do you come up with a marketing plan to deal with these uncertainties?

One of the first steps is to establish upside price targets. These prices are what you will need to lock in a profit. These target prices could be based on outlook information. Some people use technical resistance

prices as their target prices. When prices reach your target, you simply follow your plans and make sales.

What if you set your target too high and prices never reach it? Maybe if the market situation changes, you will need a downside target. The idea is to capture a minimum price before prices drop too much. This establishes a downside limit in a market that may continue to decline. You now have established two prices at which you plan to sell, a upside target as well as a minimum price.

A third element to consider is time. While none can predict the exact time when the highest price will occur, corn usually follows a seasonal price pattern. The seasonal trend is for corn prices to strengthen through spring into May. If the weather is good, prices tend to slip downward into harvest. If prices haven't hit your price target by mid-May, you may

want to consider making a sale at that time. The idea is even if you haven't reached your target price, you can at least capture a seasonal high instead of the minimum price later on in the marketing season.

There are a number of ways to set price targets. You may use a series of price higher targets to scale up sales if prices continue to rise. Should this occur, you also will need to raise your minimum price to prepare for when prices fall. If weather conditions develop, corn prices tend to peak later in June and early July. This could be a second time period in which you could make sales in anticipation of lower harvest prices.

Your marketing goals should be based on reasonable expectations of prices developed from your own production costs and profit needs. (Submitted by the Cooperative Extension Service)

Ninth Annual

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Alzheimer's program set

Alzheimer's disease is often called the longest goodbye because individuals gradually lose the ability to remember what made them unique — their family and life experiences.

For family members, watching a loved one fade away can add emotional distress to the physical exhaustion of daily care giving.

To help family members cope with care giving, the Alzheimer's Association, in partnership with St. Joseph's Hospital and American Bank, will present "Legal Planning and Resource Management"

from 1 to 4 p.m. Tuesday in the Knights of Columbus Hall on Highway 143 in Highland.

During the program, caregivers will learn legal planning and resource management options, as well as information on the latest Alzheimer research and AA services.

Families needing immediate assistance are encouraged to call the Alzheimer's Association support service at (800) 980-9800 for direct information about the disease.

Staffed by highly trained volunteers, many with first-hand experience, the Helpline provides a listening ear, under-

standing and resources on how to cope with the disease.

Volunteers also provide ongoing follow-up assistance with families, and offer caregiving tips and information throughout the course of the disease, which can last from two to 20 years.

The symptoms of Alzheimer's include gradual memory loss, disorientation, a decline in the ability to perform routine tasks, loss of language skills, impaired judgment and personality changes. Eventually, persons with Alzheimer's become incapable of caring for themselves.

Special Olympic benefit run set to go

By Kimberly Haas
Staff writer

A gospel concert and a run and walk for Special Olympics are just two of the upcoming events planned to raise monies for Olympians.

On April 25, walkers and athletes will take to the streets of O'Fallon for the Illinois Special Olympics Benefit Run and Walk one-mile straight away, starting at the O'Fallon Township Building, 901 East State St.

The event begins at 9 a.m. For a \$10 entry fee, participants will receive a T-shirt and be eligible for prizes.

The top two finishers in each run division, along with their male and female participants,

O'FALLON

will receive trophies.

For more information or to register for the walk-run, contact the O'Fallon Police Department at 624-4545.

Applications can also be picked up at the police department.

Later that evening, the Southern Illinois Police Chiefs Association is presenting a gospel concert.

The concert begins at 7 p.m. at Full Gospel Tabernacle, 5151 N. Illinois St., in Fairview Heights.

The concert will feature 12 singers, including the McKennizes, Kim Winsett, Jill

Sprinkle, Flite, Breaking the Silence, Cindy Hahn, Lisa Phillips, Full Gospel Tabernacle Choir, Shawn Neace, Linda Parmalee, Russ Sparger, and guest emcee Roger Snyder.

Admission to the concert is \$7 per person.

Tickets can be purchased in advance at the Fairview Heights Police Department or at Full Gospel Tabernacle.

For more information about the concert, call the Fairview Heights Police Department at 397-1680.

All proceeds from the concert go toward Special Olympics.

At the concert, members of the Royal Courtesy Mounted Patrol will provide security and help with parking.

Initiation class

The final initiation of the Exalted Rulers Lodge year was held March 24. Pictured from left, are: Fred Albers, Ray Williamson, Rick Knight, Steve Weller, Thomas Stretch, Exalted Ruler Joe Willis, Thomas Byrne, Mark McKechan, John Wasson, Richard Whelan, Frank Hamilton and Matt Little.

Bill could make Illinois gas more competitive

Prices at gas pumps in Illinois would be lower under a bill recently passed by the Senate, state Sen. Dave Luechtefeld said.

Luechtefeld said the measure eliminates the state sales tax on gas and would give drivers a reason to stay in Illinois to buy gas and other goods at their local gas stations and convenience stores.

"We all like to save money where we can," Luechtefeld, R-Okawville, said. "If someone

can get cheaper gas in Missouri, they'll do it. We're trying to get gas prices down in Illinois so people can stay here and get their gas and other items."

Under Senate Bill 1458, the 5 percent state sales tax on gas would be eliminated. A study conducted by Arthur Andersen found that Illinois lost more than \$100 million in tax revenues to Indiana, Missouri and Iowa because of people crossing the border to buy gas.

Luechtefeld said it is anticipated that with lower gas prices, Illinois will see an increase in gas sales and an increase in other items bought when people stop at a convenience store to fill their tanks. If the state does not see a significant increase in gas sales, the sales tax would be reinstated on Jan. 1, 2003.

Senate Bill 1458 now goes to the Illinois House of Representatives for its consideration.

Senate Bill 1458 now goes to the Illinois House of Representatives for its consideration.

New restaurants come to Glen Carbon

By Paul Mackie
Telegraph staff writer

Add Denny's Restaurant and Popeye's Chicken to the ever-growing list of new businesses coming to Glen Carbon.

The two restaurants will be located in front of Wal-Mart, in the Highway 159 commons area.

Pat Parker, president of Prime Development of Edwardsville, said contracts have been finalized with both restaurants.

"Construction should begin in late summer or early fall. It will take a while for the village to issue permits," said Parker, who added that the restaurants should open about 90 days after the start of construction.

Also, the commons area is expected to be the home of

another fast-food restaurant and either a major video store or a medical facility. Parker couldn't give names of these prospects because contracts have yet to be finalized, he said.

The area has four lots that Prime is attempting to lease.

The announcement was made at Tuesday night's Planning/Zoning Commission meeting at Village Hall. The commission unanimously approved the preliminary plat presented by both Prime and Sherrill Associates of Edwardsville — a surveying and engineering company.

The main concern of the commission was that there not be an entryway to the four lots directly off of Hwy. 159.

"We did not want another (turn) off of 159," said Commission Chairman Bill New-

man. "There is no access into 159. The access to the four properties is from Junction Drive."

Village Building and Zoning Administrator Will Shashack said that businesses on each lot will have to prepare individual site plans for future approval by village officials.

"They still have to come back with their site plans," he said.

Also at Tuesday's meeting, the commission unanimously approved a request for signs to be placed in front of Crystal View subdivision. Crystal View is located off of West Main Street near Highway 157.

The signs will include landscaping and two pillars with copper tops, said representatives from the subdivision.

Post-high school program offered to students

The Transition Planning Committee of Madison County will sponsor "Life After High School — Post High School Planning for Students with Disabilities," Parents and Educators' from 7 to 9 p.m. April 21 at Edwardsville High School, 161 Center Grove Road.

This presentation will offer information detailing post-high school community services and programs available to the developmentally disabled. Educators and parents of children who will be transitioning from the school setting into the adult world are encouraged to attend.

Information will be offered on vocational training, employment, housing, transportation, recreation, advocacy and support.

Agencies represented include the Office of Rehabilitation Services, Social Security Administration, Developmental Disabilities Services of Metro-East, William BeDeil Achievement and Resource Center, Cerebral Palsy of Southwest-

ern Illinois, Epilepsy Association of Southwestern Illinois, Madison County Transit, Agency for Community Transit, Lewis and Clark Community College, Challenge Unlimited, Impact and People First.

To register or for more information, call Deb Showers or Teresa Wolfe at 251-2175.

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ENTERTAINMENT

Pickup ballgames have vanished

By Kevin Carbery
Correspondent

I am 36 now, and while not yet a geezer, am old enough to wonder what has happened to a part of life I remember from my youth.

What I want to know is, what has become of sports pickup games? You know, the ones where kids got together to choose teams and play without the burden of adults? I played plenty of organized sports when I was growing up, but I think I got more out of afternoons meeting my friends, picking teams and playing football, basketball and street hockey.

Though we played all those games I mentioned above and more, our favorite activities were baseball and any of its offshoots. Sometimes, we would play ball all day long during the summer.

We would play baseball if there were enough kids around. If we had only three or four guys, we would play fuzball, which is baseball with tennis balls and sawed-off broomsticks. If there were only

two of us, we played Indian ball, where you toss the ball in the air and try to hit it over, around or through the fielder. At picnics, we would play bottle caps, where you try to hit pitched bottle caps with, again, sawed-off broomsticks.

If it was, say, 50 degrees or warmer outside, I would take my ball glove anywhere I went. You never knew when you were going to run into some guys playing in a pickup game.

These days, you rarely see informal sports games. If kids are on a field, chances are they are in uniforms and there are mobs of parents aiming cameras at them. While there is a place for that in life, I feel sorry for kids who only know how to play sports with adults guiding their moves.

For this week's quiz, the questions are going to cover baseball slang. Anyone who has played ball on a sandlot should know most of these questions.

1. What is a yacker?
2. What is a tater?
3. What is the keystone combination?

4. What is the hot corner?

5. Why are relief pitchers called firemen?

6. Players at which position wear the tools of ignorance?

7. What is a wholesaler?

8. What is a soup bone?

9. Is it good or bad to boot a ball?

Answers: 1. A good curveball. 2. A home run. 3. The shortstop and second baseman. 4. Third base. 5. They are brought into games to put out fires—that is, snuff out opponents' rallies. 6. Catchers. I was a catcher, by the way. 7. A double play. 8. A pitcher's throwing arm. 9. A baseball. 10. Bad. That means someone made a fielding error.

Kevin Carbery can be heard as a regular on "The Trivia Coast-To-Coast Show" from 8 to 11 p.m. Sundays on radio station KMOX-AM (1120).

MOVIE SCHEDULES

Film timetable for Wednesday, April 15. For times on other days, or to confirm these times, check local theaters.

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Check theater for shows and times

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170 and Hwy. 157, Collinsville, Ill.
344-1708
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As Good As It Gets (PG-13) 9:30
Species II (R) 7:15, 9:15
Titanic (PG-13) 7:00, 9:35

EASTGATE CINE
Eastgate Plaza, E. Alton, Ill. 254-5289
City of Angels (PG-13) 4:30, 7:00
Grease (PG) 4:20, 6:45
Lost in Space (PG-13) 4:10, 7:00
Titanic (PG-13) 4:00, 6:30
Species II (R) 5:00, 7:30
Mercury Rising (R) 4:40, 7:15

COTTONWOOD EDWARDSVILLE CINEMA

Edwardsville, Ill., 656-6390
Titanic (PG-13) 7:15, 9:20
Mercury Rising (R) 4:30, 7:15, 9:30
Species II (R) 4:45, 7:30, 9:40

LINCOLN THEATER
103 E. Main, Belleville, Ill. 233-0123
Spice World (PG) 7:15, 9:20
Wag the Dog (R) 7:00, 9:05
Mouse Hunt (PG) 7:10
Dark City (R) 9:15

NAMEOKI CINEMA
30 N. Main, Edwardsville, Ill. 677-4630
Good Will Hunting (R) 7:30
Primary Colors (R) 7:00

QUAD CINEMA
Belleville, Ill. 233-1220
City of Angels (PG-13) 4:15, 7:00, 9:30
Titanic (PG-13) 4:30, 6:15

Lost in Space (PG) 4:45, 7:15, 9:50
Mercury Rising (R) 4:00, 6:45, 9:40

ROXANA CINE THEATER
Roxana, Ill. 264-6746
As Good As It Gets (PG-13) 7:00

ST. CLAIR 10
50 Ludwig Drive, 398-8383
Species II (R) 1:15, 4:15, 7:00, 9:30
Wild Things (R) 1:35, 4:10, 7:05, 9:20
Mercury Rising (R) 1:00, 4:00, 7:15, 9:30
Mercury Rising (R) 2:00, 5:00, 8:00
My Giant (PG) 1:45, 5:15, 7:35, 9:40
Ride (R) 1:10, 4:45, 7:10, 9:15
Grease (PG) 1:40, 4:15, 7:05, 9:50
The Wedding Singer (PG-13) 1:15, 4:20, 7:20, 9:40
Plays Club (R) 1:30, 4:30, 7:15, 9:25
The Newton Boys (PG-13) 1:20, 4:40, 7:05, 9:35

Drama is about real life

Metropolitan Community College will present "Stories of Hope" at 12:15 p.m. Thursday in the campus board room at the college, 601 James R. Thompson Blvd. in East St. Louis.

The 45-minute performance dramatizes the real-life woes of the cast, Barbara Baker, Wanda Davis, Brigitte Hamilton, Rebecca Robinson and Winkie Turnstill.

Songs of pain and introspection, along with real-life stories, chronicle their lives of drugs, alcohol and prison, along with changes in life after prison.

A question-and-answer session will follow the performance. This event, an outreach program of St. Vincent de Paul Parish in St. Louis, is co-sponsored by MCC's Minority Transfer Center and the drug action team Forsaking Addiction I Take Health.

For information, call Sister Jackie Toben at (314) 231-9328 or Anthony Neal at 482-2020 ext. 346.

WEDNESDAY, APRIL 15
On this most dreaded of days—tax day—at least the moon is in Sagittarius, so there's a sense of freedom to the time. Aspects to Neptune warn against outrageous lies in this year's return. Sagittarius is, after all, the truth seeker of the zodiac. Mercury's still reticent for a few days. That should buy you some time if you need it.

TODAY'S BIRTHDAY (April 15)
Every experience is a success this year because you have a winning, determined point of view. Next month, you're filled with novel ideas, one of which is a huge money maker. Your money situation could change suddenly around May. Your best signs for love are Libra and Leo. You could marry in October or November. Your lucky numbers are 5, 16, 24, 30 and 32.

ARIES (March 21-April 19)
Luck comes through seeming outrageous choices. Preserve a relationship, as this person will be hard to replace. Couples find pleasure in individual activities. Leos may loan you needed money.

TAURUS (April 20-May 20)
Concentrating on personal growth makes you magnetic to new people. Money slips through your fingers. Be careful. Purchases could be imprudent. Luck comes through secret maneuvers and alliances.

GEMINI (May 21-June 21)
Children and stepchildren show their appreciation. Change of pace makes you less dependent on a current love. Travel is lucky. Coworkers' love interrupts your studies—make important decisions.

CANCER (June 22-July 22)
Stop believing criticism on your level at you. You have enormous intellectual potential. Be adamant about remaining in a special school program. Older relatives defend your position and will remain supportive.

LEO (July 23-Aug. 22)
Work done while others play is what puts you in a money cycle. Strike out on your own, and don't follow the crowd. In love, follow those same impulses. Last-minute dates with Libras are sexy and sensational.

VIRGO (Aug. 23-Sept. 22)
You are braver than you might realize. Through these risks comes personal power. Think over investments this week end. Organizations honor you. Business dates are successful. Follow up with a phone call.

LIBRA (Sept. 23-Oct. 23)
Stop pursuing an old love, and he or she will run to you. Your artistic talents must be dis-

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played now. Hostility could sabotage friendship. Profits seem small now but grow enormously over time.

SCORPIO (Oct. 24-Nov. 21)
Your timing is worth more money. Clients and employers will seek out your advice. Wisdom comes through new experiences. Be patient in love; play the waiting game, and you'll win immediately.

SAGITTARIUS (Nov. 22-Dec. 21)
Short trips inspire your creative impulses. Small family arguments in and around serious. Marriage partners deserve more attention. Luck comes through neighbors who save you money.

CAPRICORN (Dec. 22-Jan. 19)
Be sensible, and you gain immediate respect. Surround yourself with older people—they help you attain financial goals. A new love is quite selfish. You should rethink a commitment.

AQUARIUS (Jan. 20-Feb. 18)
Others are rushing you to make a decision. Take your time on matters regarding family and career. Friends help you get out of financial ruts. Discipline is vital now. Resist a Scorpio's charms.

PISCES (Feb. 19-March 20)
Elevate your status through community activities. Short romantic interludes will disrupt your love. Requests are very significant. Rectify mistakes now. Use willpower in a social situation tonight. Horoscopes have no basis in scientific fact and should be read for amusement only.

Ethnic talents sought

If you dance an Irish jig, sing a good German folk song or cook a mean rice pilaf, the Illinois State Fair's Ethnic Village might have an offer you can't refuse.

"We are in the process of identifying and selecting ethnic talent and food vendors for the 1998 fair," said Pati Kohlbecker, the fair's Ethnic Village coordinator. The Ethnic Village celebrates the cultural diversity on which our nation is built, and we try to feature as broad a selection of ethnic entertainment and food as possible during the 10-day fair.

The State Fair runs April 14-23 in Springfield. Entertainment is provided from 11 a.m. to 10:30 p.m. daily. Performances must be at least one hour in length and may be broken into two half-hour sets. For more information, call Pati Kohlbecker at (217) 782-0772.

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OCALA, FL. — An ingredient derived from hot peppers decreases inflammation in racehorse's legs, is now recognized as safe and effective for human use. The ingredient has been formulated into a product called ARTH-Rx, and comes in a strength designed for humans.

Researchers are excited and say the formula can relieve arthritis pain for millions. Developed by the Phillips Gulf Corporation, ARTH-Rx is a breakthrough in the treatment of painful disorders ranging from minor aches and pains to more serious conditions such as arthritis, bursitis, rheumatism, tendonitis, backache and more.

Although the mechanism by which ARTH-Rx works to relieve pain is not totally clear, scientists suggest that pain is relieved because ARTH-Rx intercepts the messenger substance that sends pain signals to the brain.

ARTH-Rx is available in a convenient roll-on applicator without a prescription. According to a spokesperson for the company, due to the overwhelming demand for ARTH-Rx, supplies are sometimes limited. ARTH-Rx can also be ordered by calling 1-800-729-8446 • 1997 GCE.

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Cougars may be real, tracker says

By Dennis Grubaugh
Telegraph staff writer

A Southern Illinois man tracking cougar reports says the sightings could be real.

"The question is no longer, 'Are the cats here?' The cats are here," Virgil Smith said. "The point is finding where they are and documenting their locations and where they travel, then getting the word out to educate the public."

Smith is an executive with a design and manufacturing firm in Harrisburg. He has turned an interest in cats into ongoing cougar research.

His findings are at odds with the state Department of Natural Resources, which says there have been no confirmed sightings of big cats anywhere in the state, despite a flurry of reports this year.

Smith visited the home of Jay Carrigan of Edwardsville this week to look over tracks left by an animal Sunday. Carrigan, who lives on Maplewood Court, near Dunlap Lake, reported seeing a big cat there but filled in by water and mud from recent rains. He said the Edwardsville Police Department has taken photos and is to send him prints for review.

Smith also visited Southern Illinois University at Edwardsville, where a couple said they spotted a cougar about 5:30 p.m. March 14.

"But I couldn't find any evidence of it," Smith said.

He has been working with two other cougar researchers in recent years, compiling statistics. The hobby has turned serious because of the recent number of sightings reported to them.

"There have been 80 in less than a month," many in the central part of the state, he said.

"It is entirely possible that some of these animals might have migrated into (Southwestern Illinois)," he said.

Smith said a public meeting will be held soon at Southeast Illinois College in Harrisburg to discuss the alleged cougar sightings.

"It will be within the next two weeks. We're just waiting for evidence to come back."

That evidence includes photos of paw prints taken at more than one site, he said.

Because he works outside federal or state agencies, Smith says some people feel more comfortable calling him.

He said he has gotten "very credible sitting" reports from Wabash and Saline counties and in the towns of Tamm and Metropolis.

"I would predict a big-cat population, from Springfield south to Cairo, of about two dozen cats," he said.

Tim Schweizer, public information officer with the Illinois Department of Natural Resources, downplays the cougar threat.

"We get frequent calls, but we have had no confirmation of any specific sighting of cougars on the loose," he said.

Every sighting is researched by a district wildlife biologist, he said.

Schweizer said he is aware of Smith and his research and encourages the sharing of information.

"This is not to say that it's not a possibility. If anybody suspects they've seen one, they should call us and we'll be glad to check it out," Schweizer said.

Among the theories that prevail are that some private citizen has released a cougar into the wild or that people have seen bobcats, which are much smaller than cougars and common in Illinois, Schweizer said.

The Department of Natural Resources can be reached at 462-1181.

Smith's researchers can be contacted by writing to Cougar, P.O. Box 341, Harrisburg, Ill. 62946.



Olympic winners

St. Peter School for the Young Years had a busy school year with numerous activities and learning experiences, including its own "Preschool Olympics." Those participating as Team Three-Year-Olds were Greg Garcia, Josua McKinney, Joey Hart, Wilson Howard, Jihan Banna, Taylor Schooley and Morgan Carney on Team Three Year Olds. Team Four-Year-Olds included Brittany Ash, Jenna Bennett, Landon Hawpe, Ashley Hopson, Tanner Hughes, Taylor Hunt, Jennifer Iken, Jordan Paul, Luke Proter, Ashley Walters, Corey Walters, and Joshua Green. At left, Tanner Hughes, Cory Walters and Luke Porter display their homemade kites. Above left, medalists Ashley Walters, Corey Walters and Tracy Wirth. Torch bearer Luke Porter lights the flame. Richard Gathreman from "Learn about Snakes" presents a hands-on learning experience to Landon Hawpe, Jenna Bennett and Taylor Hunt.

Free motorcycle courses to be offered at colleges this weekend

Free motorcycle courses will be offered at both Southern Illinois University at Edwardsville and Belleville Area College, Belleville campus, beginning April 17.

Each meets from 6 to 9:30 p.m. Friday, and during similar hours on Saturday and Sunday. Call to verify weekend

hours. Motorcycles, helmets and insurance are provided free.

Students must be 16 years of age, Illinois residents and possess a valid drivers license or permit. Sixteen- and 17-year-olds can use this course to obtain a Class M license. For those 18 and older, this course

will waive the Driver Services information on the program. Facility's riding test for call Southern Illinois University obtaining a motorcycle license by at Carbondale toll free at (800) 642-9589.

College schedules senior visit day at Belleville

Belleville Area College's Belleville Campus, 2500 Carlyle Ave., will hold a High School Senior Visit Day from 8:45 a.m. to noon April 29.

The Visit Day will include informational sessions, tours and an opportunity to participate in BAC's ASSET placement program.

Seniors can register for the event from 11:45 to 2 p.m. in the Varsity Gym Lobby on the first floor.

Informational sessions, scheduled from 9 to 10:30 a.m., include admissions, counseling/student panel, financial aid, academic programs and college activities.

Also, seniors can learn about life as a BAC student, the application process and how to schedule classes.

From 10:30 to 11:30 a.m., seniors can tour the campus, visit with faculty members or talk with students groups to learn more about BAC.

Students who are considering attending BAC can participate in the ASSET placement evaluation from noon to 3:30 p.m.

Space is limited, so students need to make reservations by calling the BAC Admissions Office at 235-2700, Ext. 497.

For more information, call 235-2700, Ext. 497, 444 or 526.

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NEWS

Parent support groups aim at child abuse

By Jason White
Staff writer

Recent news stories of child abuse have brought horrific examples of violence to light, but a children's advocate says most abuse falls into a gray area.

Elaine Searcy, regional coordinator for Illinois Parents Anonymous, said the organization defines abuse as any form of violence, including spanking and verbal intimidation. "I think a lot of people parent the way their parents parented," Searcy said. "I think sometimes we don't realize we're being abusive."

In Illinois, Parents Anonymous is a service of the Children's Home and Aid Society, which operates offices in Alton, East St. Louis and Granite City. A mother who wanted to be a better parent started Parents Anonymous in 1970.

Today, the non-profit organization promotes child abuse prevention through a nationwide network of support groups for parents.

"We try to teach parents that there are other ways to deal with their children's behavior other than spanking or hitting," Searcy said.

In Illinois last year, there were 119,448 reported cases of abuse. Three children die every day in the United States from abuse or neglect.

"It is a problem in our society, and I think the reports are usually on the increase," Searcy said.

But Searcy said the increase is partially a result of more cases being reported.

"I think people are more aware," she said. Searcy recommends several coping strategies for parents, including taking "time-outs," talking to friends and family and attending a support group. Parents can also remove problem objects from the reach of younger children.

Parents can also help themselves by being consistent with non-physical punishments, such as taking away a child's privileges.

"Parents have to be consistent so that children learn that what they say is going to happen, is going to happen," Searcy said.

"Our ultimate goal as parents is to teach our children to control their own behavior," she said.

Children can avoid abuse by learning to walk away from a potential conflict, Searcy said.

For four years, Illinois Parents Anonymous has organized a Blue Bow Campaign to recognize National Child Abuse Prevention Month in April. The blue bow became a national symbol for child abuse after a Virginia woman tied a ribbon to her car antenna in memory of her grandson, who died from abuse.

This year, the Illinois General Assembly recognized Parents Anonymous for its role in child abuse prevention with a House Joint Resolution. The organization estimates that every \$3 in prevention efforts saves \$6 on child welfare services, special education services, medical care, foster care, counseling and housing juvenile offenders.

Local sponsors of the resolution include State Sen. James F. Clayborne Jr., D-Bellefonte; State Rep. Jay Hoffman, D-Edwardsville; State Rep. Tom Holbrook, D-Bellefonte; and State Rep. W. W. Young, D-East St. Louis.

Gov. Jim Edgar also sent a proclamation to Children's Home and Aid Society.

Locally, Parents Anonymous has a support group run by the Franklin Neighborhood Community Association in Belleville. For information, call 233-1710.

Officials must control growth, expert says

By Dennis Grubaugh
Telegraph staff writer

Anyone who has ever watched fertile farmland become a sea of fast-food restaurants would appreciate the message of Edward T. McMahon.

"I can take you and air drop you into any place in America, and it all looks exactly the same. Despite all efforts, the special character of our cities and countryside has been disappearing faster than ever."

McMahon tackled the thorny issue of conservation vs. development recently during a two-hour speech and slide show at Southern Illinois University at Edwardsville. He was keynote speaker for the daylong seventh annual Urban Erosion and Water Management Conference sponsored by the Great Rivers Alliance of Natural Resource Districts.

Audience members, including community planners and employees of soil and conservation districts, smiled knowingly at the comments of McMahon, who characterizes himself as pro conservation and development. He is director of the Conservation Fund's America Greenways Program in Takoma Park, Md.

Growth is so uncontrolled in most communities that people are resigned to what they are getting instead of establishing guidelines, he said.

He showed what some communities have been able to do by using examples of recently built McDonald's restaurants. Some feature the standard McDonald's design, and some have been placed in historic buildings to blend with the environment.

"If you accept cookie-cutter architecture, that's what you'll get every time. But if you insist on something better, you'll get it every time," McMahon said.

Growth can be made friendly to the environment, he said. Cities like Portland, Ore.; Boulder, Colo.; and San Jose, Calif., have found ways to encourage coordinated development, he said.

Oregon leads the nation, he said. It restricts all its cities' development to urban growth boundaries. Builders target those areas because there is less red tape. The process has helped eliminate blight and kept farmland intact.

Using the concept in the last 20 years, Portland's population grew by 50 percent, but its land use grew only by 2 percent. By comparison, St. Louis' population grew by 3 percent and land use grew by 25 percent.

Communities should coordinate their growth, focusing on where it takes place, how it is arranged and the eventual look. Commercial subdivisions should be made to have narrow, tree-lined streets.

Boulder levied a tax on its citizens to raise money to buy land for a green belt around the community.

San Jose and Lexington, Ky., established "urban service boundaries" around which sewer and water services are not extended.

The state of Maryland passed legislation to encourage development served only by existing infrastructure.

One area of the state, Montgomery County, has taken planning to an extreme and has benefited, he said. Every stream in the county has been declared public parkland.

The county also spent \$50 million to buy development rights on 72,000 acres of farmland, saving money in the long run by not having to spend it on infrastructure, McMahon said.

Corn hybrids pose problems

New technology must be used wisely, expert says

Corn hybrids resistant to European corn borers provide producers with an easier and most cost-effective tool to manage crop losses, but this technology must be used wisely or the effectiveness of these hybrids will be short-lived.

"The potential impact of Bacillus thuringiensis technology, which provides ECB resistance, is tremendous," said Steve Butzen, agronomy information specialist for Pioneer Hi-Bred International Inc.

"Crop damage from European corn borers, resulting in decreased yields, costs U.S. corn growers more than one billion dollars annually. Despite their losses, most farmers did not think treatment was practical. Corn hybrids with the Bt gene have dramatically changed that thinking."

In 1998, Bt hybrids will be planted on an estimated 18 million acres across North America, and for good reason. A recent Iowa State University study shows Pioneer brand hybrids with the Bt gene averaged 16 bushels per acre better than their conventional counterparts, said Marlin Rice, professor of entomology at Iowa State University.

Only about a five to six bushel per acre advantage is needed to cover the increased cost of Bt technology, depending on the price of corn, the technology fee assessed and the number of corn acres planted.

Preventing Resistance Is Key While Bt hybrids provide growers with a cost-effective management tool, Rice warns that the long-term effectiveness of Bt is threatened by the potential development of resistant corn borer populations.

Hundreds of cases of insect resistance to corn insecticides are documented. To prevent hybrids with the Bt gene from becoming another statistic, university and private researchers agree that resistance management programs are key.

"A good resistance management program allows a high percentage of corn acres to be protected by Bt technology and also provides

acres as a refuge for susceptible corn borers," said Butzen. "The goal is to make sure corn borer moths susceptible to Bt are available to mate with resistant survivors from Bt fields."

Corn borers susceptible to Bt must be plentiful and near Bt cornfields. The development of resistant populations is impeded when susceptible corn borer moths mate and reproduce more often than resistant types.

"Enough susceptible corn borer moths are needed to greatly outnumber the resistant moths surviving," said Butzen. "The susceptible moths can be provided by a refuge, a block of susceptible corn planted close to the corn containing the Bt gene."

When planting a refuge, Butzen said hybrid selection is extremely important. The refuge hybrid should be agronomically similar to the Bt hybrid, matching in maturity, early vigor and plant height. Growth and development of the two hybrids should be similar, so the refuge hybrid attracts moths to the same extent as the resistant field.

Planting the refuge at the same time as the hybrids with Bt technology is the best way to coordinate plant development, added Butzen. Fertility programs, including starter and sidedress, should be similar. The tillage systems also should be the same, as different tillage operations could result in developmental differences between the Bt hybrid and the refuge hybrid.

"Continuing research will better define how close a refuge must be to the Bt field and how large the refuge must be," said Butzen. However, researchers already agree that the larger the refuge and the closer it is to the Bt corn field, the more effective it will be. A refuge planted within the same field as the resistant hybrid would undoubtedly be the most effective.

For more information about hybrids with the Bt gene or information about planting an appropriate refuge, call your local supplier of Pioneer brand products.

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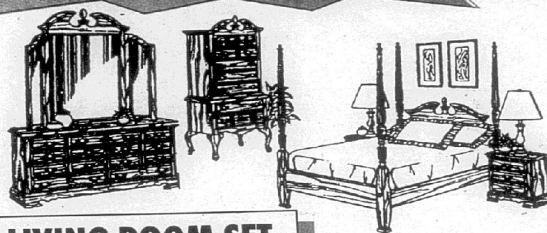
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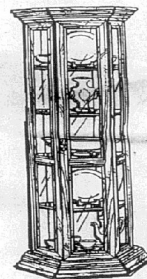
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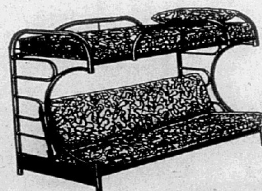
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JOURNAL SPORTS

Local hockey club
forming for youths

Page 2B

North Poms are
Team of the Week

Page 2B

Granite City Journal

Section B

Wednesday, April 15, 1998



Lucco left his mark on prep sports

One of the most irritating things about this year's state IHSA Class AA high school boys basketball finals was that Centralia, representing southern Illinois, got its butt beat in the first round at Peoria.

You see, if you grew up in southern Illinois in the 1950s, you should have little trouble recalling the basketball of schools like Centralia, Herrin, Pinckneyville, Mount Carmel, Mount Vernon, Salem, Alton, Collinsville, Edwardsville, East Alton-Wood River, East St. Louis and East St. Louis Lincoln.

Each of these teams reached the state's final 16 poll of the Associated Press at one time or another during a stretch from 1954 to '57.

One of the constants during that time was Edwardsville coach Joe Lucco, who came to my attention in '56 when I got to see him coach a game at Belleville Township, where the Tigers — led by Marnie Jackson and Governor Vaughn — defeated the Maroons.

Edwardsville went on to finish second in the state tourney that year, losing 67-65 to Rockford West in the championship game at Huff Gymnasium at the University of Illinois, but it was something the coach, who died April 7 at age 85, did at Belleville West that I will never forget.

In the midst of that 72-54 victory, Lucco unwrapped a package of chewing gum, put the wrapper in his mouth and threw away the gum.

In later years, I enjoyed the coach's laugh about the incident but enjoyed more the unassuming manner of a man who coached 562 prep basketball victories.

An inaugural member of the Illinois High School Basketball Coaches Hall of Fame, Lucco took his motivational skills into politics as a member of the Illinois House of Representatives from 1974-78. However, it was his tenure as a coach at Edwardsville from 1944-69 and 1965-85 where he left a lasting mark as a teacher and administrator and coach of basketball, baseball, football, cross country and golf.

No better tribute could be paid to the legendary coach than from former Edwardsville all-state basketball player Bob Gregor.

"He could inspire you to play to the highest of your abilities," said Gregor, who teamed with Don Ohi to lead the Tigers to a fourth-place finish in the 1954 state finals.

In '54, the Tigers reached the semifinals by defeating Peoria 60-54 and Barrington 50-37 in overtime before losing 89-73 to Chicago DuSable (considered one of the best teams in the nation) and to Pinckneyville, 54-42.

Edwardsville entered those finals ranked 12th in the state, but in '56 the Tigers were No. 5 before downing St. Anthony Effingham 73-68 in the super-sectional and then reaching the finals by ripping Quincy (68-44) and Oak Park River Forest (88-61).

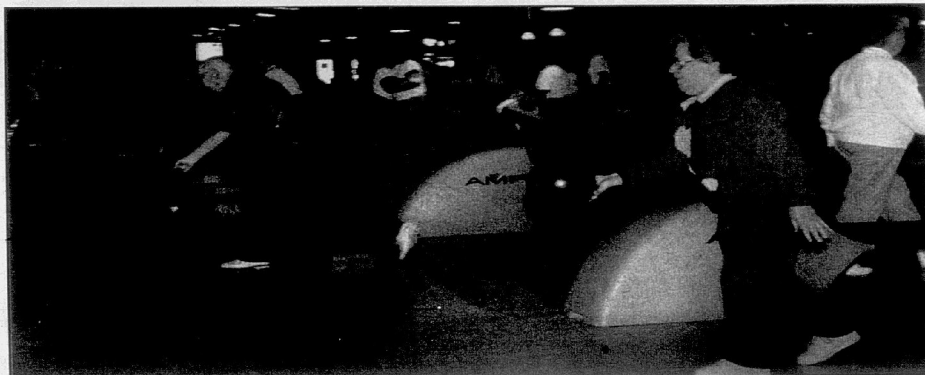
Of significance in the semifinals was that Oak Park had an enrollment of 2,480 to 889 for Edwardsville — a fact noted, no doubt, by Lucco, who really never had to be considered of less esteem than his peers, including coaches like Vergil Fletcher at Collinsville, Louis "Pick" Dehner at East St. Louis and Merrill "Duster" Thomas at Pinckneyville.

"Other than my parents, he was the most influential person in my life," said Gregor.

Extra innings

My sympathy also to the family of Ronald "Ronnie" Morgan of Swansea, who died

(See VOELLINGER, Page 3B)



Bowling's senior leagues attract more than 400 bowlers for weekly competition.

(Staff photo by JOHN FRESE)

A league of their own

Granite City seniors are serious about their bowling

By Patrick C. Heston
Staff writer

Perhaps the most interesting fact about senior league bowling at Bowland Lanes in Granite City is its penchant for serving as a matrimonial bureau.

At least six couples who bowl in Thursday afternoon league competition met while involved in league play and, eventually, married.

But don't be mistaken. This is not a weekly lonely hearts club where people seek social contact with members of the opposite sex. This is a league of serious senior bowlers. Very serious. Very competitive. And very good.

It is not unusual to find seniors carrying admirable averages of 150 to 180, while bowling anywhere from one to four times a week.

Bowland Lanes offers senior leagues every Monday through Friday at 12:30 p.m., with more than 400 bowlers participating at least once a week from early August through late April.

Eighty-three-year-old John McKinney had just bowled a 200 game. "Those six straight strikes didn't hurt one bit," he said excitedly. "I've been bowling ever since I retired. I carry a 160 average on Thursdays. On Mondays I carry a 159 average. But on Wednesdays, I

don't do very well. I only average about 149."

McKinney also enjoys golf and bicycling as well as working for a local church, for which he is an active member. He has taught Sunday School for 65 years.

"The thing I like most about bowling is that it's a challenge every time you bowl," he said. "Each time you come to the alley, the lanes are entirely different than they were the time before. You have to discern quickly the shape they are in and how you need to approach them. You must be able to adjust accordingly if you

(See BOWLING, Page 3B)

Walsh breaks through

Defending champ wins at Tri-City

Special to the Journal

Defending NASCAR Winston Racing Series champion Ray

Walsh finally broke the victory stranglehold of John

Seets by winning his qualifying heat and the main event Saturday at Tri-City Speedway.

Seets (Brighton) led the first lap, but a spin in turn three by Troy Walker (Troy, Mo.) caused eight cars to crash him. No one was injured and everyone was able to restart the race.

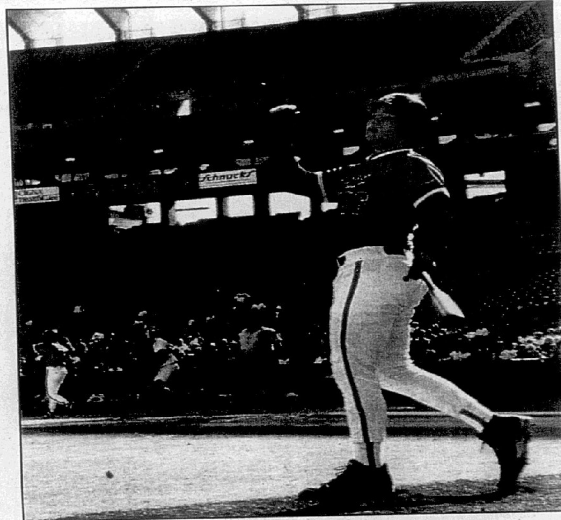
When the green flag flew again, Seets had to hold off Walsh (St. Louis) and brother Tom Seets (Brighton). Another yellow allowed Walsh to change a tire and rejoin the field in last place, but he soon started passing cars quickly.

Walsh passed Tom Seets on lap 10 and set his sights on John Seets. As the pair entered turn three four laps later, Walsh dove low and passed Seets, grabbing the lead for good.

Seets then had his hands full trying to hold off second heat winner Troy Walker at the finish. Rounding out the top five were Bob Keck (Ballwin, Mo.) and Steve Grotz (Quincy, Ill.).

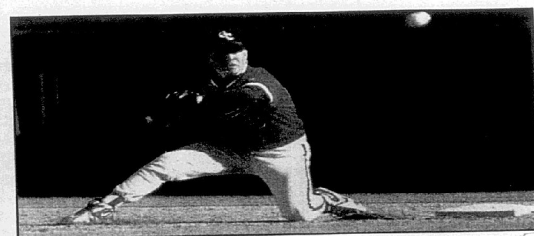
Defending champion John Dickerman (Fenton, Mo.)

(See WALSH, Page 3B)



(Staff photos by JOHN FRESE)

Scenes from the Stadium



The Granite City High School baseball team played in Busch Stadium on April 3 in an exhibition game against Triad, prior to the St. Louis Cardinals baseball game with the San Diego Padres. The Warriors lost 5-3 in the exhibition contest but the Granite City players had the unique opportunity to play in a major league ballpark. AT LEFT: Granite City senior Dustin Brewer (36), one of the top prep baseball prospects in the St. Louis area, takes his cuts in the on-deck circle. ABOVE: Granite City infielder Scott Smallie fields the ball.

Banquet time

St. Louis Sports Commission honors top local teams

By Russell Korando
Staff writer

Basketball season has been over for nearly a month, but some of the St. Louis area's top teams were honored April 7 at Maryville University.

The sixth annual Golden Hoops Awards for boys and girls high school basketball kicked off three different high school awards ceremonies presented by the St. Louis Sports Commission.

The organization also sponsors the Silver Helmet Awards for high school football teams that win their conference championships and the Blue Note

Awards for top youth hockey teams in the St. Louis region. (A list of local teams honored appears on Page 3E.)

"I thought it went really well," said Christie Cook, of the St. Louis Sports Commission. "It's a terrific event, and the kids get well-deserved recognition and attention from it."

The Lafayette Lancers received critical acclaim this season from start to finish. The Lancers entered the season as the top team in the St. Louis area and finished there with a 30-2 record. The Lancers won the Suburban West Conference championship, won a dis-

trict title and advanced to the MSHSAA Class 4A championship game in Columbia, Mo., where their hopes for a state title fell short to Liberty by one point.

Vashon was also honored for reaching the MSHSAA Class 4A final four. Coach Floyd Irons directed the Wolverines to the Public High League championship and to their 15th appearance in the final four. The Wolverines were knocked out of the tournament by Lafayette in the semifinals.

DoSmet won the Metro Catholic Conference and a district championship before succumbing to Vashon in the MSHSAA Class 4A quarterfinals. Also

eliminated by Vashon was Ladue, district and Suburban East Conference champion.

The rest of the area boys teams honored by the Sports Commission were University City (Suburban South Conference); Lutheran North (ABC League); Valley Park, Westminster Christian Academy and Whitfield (Great Overland Trails Conference); Cardinal Ritter (Archdiocesan Athletic Association); Troy (Gateway Athletic Conference); Festus (Jefferson County); Riverview Gardens (Suburban North Conference); Gibault (Illinois

(See BANQUETS, Page 3B)

SPORTS

•Awards

(Continued from Page 1B)

Independents); Mascoutah (Mississippi alley); and Edwardsville (Southwestern).
The girls honorees included Gateway Tech (27-4), the Public High League champion and fourth-place finisher in the MSHSAA Class 4A tournament; and East St. Louis Lincoln, the top Illinois Independent and state runner-up in the IHSA Class AA playoffs.

Rosary won the MSHSAA Class 3A title, and captured its conference title in the Archdiocesan Athletic Association.

John Burroughs was honored for winning the Metro Women's Athletic Association Red Division as well as for earning its first-ever trip to the state final four.

Parkway West won 24 games and finished the season 7-0 in the Suburban West Conference for the first time in its history.

The Suburban South Conference girls title was split three ways between Eureka, House Springs Northwest and Webster Groves.

The other area girls conference championship teams honored were: East St. Louis Lincoln (Illinois Independents); Highland and Jerseyville Community (Mississippi Valley); Edwardsville (Southwestern); Ursuline Academy (MWAA Blue Division); St. Joseph's Academy (MWAA White Division); Troy (GAC); Lutheran St. Charles (GOTC); and Pattonville (Suburban North).

The hockey banquet on April 8 at the Simon Center on the campus of Maryville University featured professional hockey commentators Joe Micheletti and Rob Ramage. Dan Kelly was the master of ceremonies.

The 27th annual Silver Helmet awards last Thursday at Maryville University Rancho. Defensive line coach Carl "Big Daddy" Hairston as the evening's guest speaker.

The Silver Helmet awards were started by the St. Louis football Cardinals in 1972 as a way of recognizing the achievements of area prep players. When the Cardinals moved to Arizona in 1987, the sports commission took over, said Sports Commission director Mary Elizabeth Grimes.

"When people think of us, they mostly remember the work we did getting the Olympic Festival here in 1994," Grimes said. "But we're involved in all kinds of events like this one."

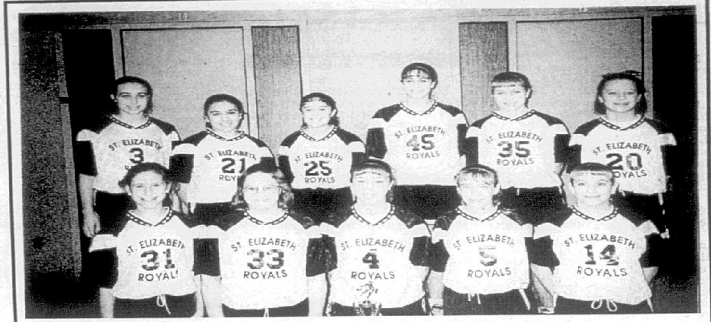
AWARD WINNERS

The following local teams were honored for league or conference championships by the St. Louis Sports Commission:

GOLDEN HOOPS (BASKETBALL)
Illinois Independents (boys) — Gibault.
Mississippi Valley (boys) — Mascoutah.
Southwestern (boys) — Edwardsville.
Illinois Independents (girls) — East St. Louis Lincoln.
Southwestern (girls) — Edwardsville.

SILVER HELMET (FOOTBALL)
Cahokia Conference — Freeburg.
South Seven — Cahokia.
Southwestern Conference — Belleville East.

BLUE NOTE (HOCKEY)
Missouri Amateur Hockey Association A1 Midget Division — Cahokia.



City tourney champs

The St. Elizabeth's seventh-grade girls basketball team won the seventh-grade city tournament. Members of the team pictured above (from left to right) are: In front — Katie Hatscher, Jennifer Hay, Courtney Crews, Trisha Dittamore, Laura Stanfill; In back — Lindsey Scharden, Genny Salanik, Kerry Koskie, Andrea Mangi, Lindsey Krekovich and Julie Dombek. Coaches are Dave Dombek and Greg Stanfill.

Explosive Cougars exceed even coach's expectations

By Bill Hester
Correspondent

Southern Illinois University-Edwardsville baseball coach Gary "Bo" Collins knew that his team had the potential to score a lot of runs this season.

But even he could not have predicted the type of hitting that the Cougars have shown in getting off to a 2-1.

The Cougars, who are ranked ninth in the latest NCAA Division II poll, have scored 10 or more runs 11 different times with a high of 20 runs in a victory against Bluefield State on March 27.

"I thought we could hit maybe 340 as a team and average maybe about seven runs a game," Collins said. "But we are hitting 365 and scoring nine runs a game. We've had some guys step up."

Nine regulars have batting averages of better than .300. Jason Sievert (Edwardsville) leads the starters with a .417 average. Freshman Mark Bugger (Edwardsville) is also over .400 with a .407 mark, including seven home runs.

SIUE leads the conference with 41 homers in its 29 games with Mike Robertson (St. Charles) leading the way with nine. Robertson has a .376 overall average. The school record for most dingers is 48 set in 1981.

Other regulars who are hitting over .300 include: Mason Horne (.382); Jesse Bugger (.382); Chris Erwin (.380); Rob LaMarsh (.331); Jason Abernathy (.337); and Mark Briggs (.311).

"We've scored a lot more runs than I thought we would but on the other side of the coin we haven't pitched or played defense as well as I had hoped," Collins said. "Neither the pitching nor defense has been bad but it's not been as good as I expected."

The Cougars do have a solid trio of pitchers in LaMarsh, Ryan Cox and Aaron Rakers.

COLLEGE BASEBALL

LaMarsh has a 5-0 record and a 4.60 ERA. He has an amazing strikeout-to-walk ratio with 47 strikeouts and just eight walks in 38 1/3 innings of work.

Cox is 5-1 with a 4.60 ERA and Rakers is 4-1 with a 3.68 ERA.

"Those three guys have all been pretty solid this season," Collins said. "I'll continue to throw them out as often as possible. Rusty Sarnes has thrown well recently, and has earned the No. 4 spot in the rotation."

Sarnes earned his first win April 4 as he tossed a four-hitter in a 10-2 victory over Kentucky Wesleyan.

The Cougars swept their GLVC rival in that series to improve to 8-2 in the South Division. They have a 1 1/2 game lead on the University of Missouri-St. Louis. The Cougars split a doubleheader with the Rivermen in early April. They play at UM-St. Louis April 15.

"The good thing about this team has been their consistency," Collins said. "We've played away a couple of games we should have won. But we've always rebounded from those clunkers. That's a good sign."

The longest losing streak of the season has been two games and that happened only once. SIUE entered this past weekend with a four-game winning streak.

'The good thing about this team has been their consistency.'

Garly 'Bo' Collins
SIUE coach

•Walsh

(Continued from Page 1B)

scored his first Budweiser Pro Stock feature of the season, topping Pat Ryan (East Alton) and Bubba Smith (Godfrey). Smith was involved in a caution period altercation with Matt Kinnaird (St. Charles), heavily damaging his vehicle. Smith still led the next seven laps before giving ground to Dickerman. Smith and Brian Crouch (Troy, Mo.) won the qualifiers.

John Seets Jr. won his first Mountain Dew Street Stock main of the season over Max Kirkendall (St. Louis) and Chris Simmerman (St. Louis). Seets (Brighton) and Rick Squires (South Roxana) won the heats. Tim Barrett (St. Charles) won his third Quaker State Sportsman feature in succession, beating Terry James (St. Louis) and Steve Picou (High Ridge, Mo.). Barrett and Rick L. Stevenson (St. Louis) took the heats.

SIUE adds Kaesberg

By Scott Marion
Staff writer

Abby Kaesberg is enjoying life at Belleville West, but next fall she'll become a Cougar.

Before choosing SIUE, she considered Lindenwood College, Southeast Missouri State University, Maryville University and Meramec Community College.

A three-year varsity starter, Kaesberg helped the Maroons place fourth in the Class AA state tournament in 1997.

Before choosing SIUE, she considered Lindenwood College, Southeast Missouri State University, Maryville University and Meramec Community College.

"I wanted to go to a school that's the same size or bigger than my high school," said Kaesberg, the daughter of Jan and Ralph Kaesberg of Belleville. "SIUE has a very good business program and a good facility."

"I liked the location. The campus is beautiful and it's a big school."

•Voellinger —

(Continued from Page 1B)

at age 71 on March 23.

A retired highway engineer for the state of Illinois and St. Clair County, Morgan was a World War II Navy veteran and also an outstanding amateur baseball player with the Stobers of the St. Clair County League.

"He was a very good infielder for a darn good Stobers team in the early '50s," said Syl "Tuffy" Muehl of Millstadt.

•Bowling

(Continued from Page 1B)

want to bowl successfully."

Walter Shaw has been bowling since he was 30 years old. He is now 86. Shaw bowled on the Traveling League in Chicago from 1955-1962. Before there was a professional bowling tour, "The Traveling League" visited various lanes in Chicago and also made regular trips to other cities. He currently carries a 150 average.

"I enjoyed bowling from the moment I first tried it," said Shaw. "And so, I've just stayed with it. I've been bowling for 56 years now."

Dorothy Cobleigh (77) remembers when Bowland opened its doors on Nameoki Road in 1958. In fact, she still bowls with the same ball as she did then — the first and only ball she has ever had.

"My mother bought me a first bowling ball for Christmas in 1951 when I was 37 years old," she said. "I still use it every week. My bowling has changed since then, but I guess my hand hasn't."

Charles Virgil Morris is in his 71st consecutive year of bowling and is 88 years old. Morris, who goes by both Charles and Virgil, depending on how well a person knows him, has been involved in senior leagues since he turned 55. He bowls weekly, on Thursdays and Fridays, and carries an average of "only 145."

Tom Wilson (71) bowls five days a week, and has been at the sport since 1964, following the death of his wife.

"This is one of the best sports there is for seniors," said Wilson. "We have a controlled environment and warm in the winter, nice and cool in the summer. Some sports you just can't continue to do as you get older, but still do — and do well — as you get older."

Wilson, who carries a 168 average, certainly does it well. In 1991, when he was 71 years old, he bowled the first 300 game in senior league competition at Bowland.

"Never in my wildest dreams did I think I would bowl a perfect game," said Wilson, who has bowled a 279 this year. "As I came to the 10th frame, I thought it was over."

Wilson, who carries a 168 average, certainly does it well. In 1991, when he was 71 years old, he bowled the first 300 game in senior league competition at Bowland.

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Entries must be received by NOON Friday, April 17, 1998.

NAME _____ TELEPHONE _____

1 Q How many midget races did Ken Schrader win in his dirt racing career? _____

2 Q When did Ken Schrader win the USAC dirt champ car national title? _____

3 Q How many times has Ken Schrader won the Busch Clash at Daytona? _____

4 Q How many times has Ken Schrader won the Daytona 125 qualifying races? _____

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SPORTS

Gateway Classic offers golf tournament

The St. Louis Gateway Classic Sports Foundation presents the fourth annual St. Louis Gateway Classic/President Casino on the Admiral Golf Tournament on May 29 at the Grand Marais Golf Course-Frank Holton State Park in Centerville, Illinois.

Tee-off is at 8 a.m. The day will be competitive and fun-filled. The entry fee is \$125 per person or \$500 for a foursome, which includes registration, gift bag, green fees and refreshments. The gift bag will include items such as caps, golf tees, golf balls, etc. Prizes and awards will be presented at the luncheon awards banquet at the Grand Marais Club House immediately following play. A continental breakfast will be provided at 7 a.m., as well as the famous Wilson's BBQ lunch served at the awards banquet at approximately 1 p.m. In addition, bratwurst, beer and soda will be served throughout the course of the game.

For more information about the golf tournament call Arthur Tyler Jr., director of operations, at 621-1994.

Bowling tourney

American Legion baseball team Post 58 will conduct a three-game potch doubles bowling tournament on Friday, April 24 at Bel-Air Bowl in Belleville. Check-in is at 9 p.m. and bowling begins at 9:30 p.m. The price is \$20 per couple. There will be a 50/50 raffle and attendance prizes. Food will be available until 11 p.m. For reservations, call 476-1075 or 397-0237.

Football clinic

The 1998 Youth and Fundamental Football Clinic will be May 9 at Edwardsville High School. The cost is \$20 (\$25 at the door) and includes: Five hours of football from top coaches; eight speakers; exhibits; free clinic notebook; door prizes; free coffee and rolls at registration; and free lunch.

For more information, call 1-800-435-6110.

5K fun-run/walk

A non-competitive 5-kilometer fun-run/walk for adults and children of all ages is set for May 17. The event will be hosted by Holy Cross Lutheran

SPORTS BRIEFS

Church in Collinsville. The registration deadline is April 15. Cost is \$8 and includes T-shirts for those who register by deadline.

For information, call Mary Sachtleben at 345-6807.

BAC softball camps

Belleville Area College softball coach Kathy Bernal will conduct two softball camps this August.

Both camps will be held from 9 a.m. to noon at the college's Belleville campus, 2500 Carlyle Ave. The first camp, Aug. 10-12, is for girls in grades 5-8; and the second camp, Aug. 17-19, is for grades 9-12.

The cost of each camp is \$35. The limit per camp is 60 players. Checks should be made payable to BAC Softball Camp. For more information, call 235-2700, extension 271.

BAC baseball camps

Boys ages 7-17 can learn or improve their baseball fundamentals this summer at Belleville Area College's Belleville campus, 2500 Carlyle Ave., as BAC baseball coach Neil Fiala conducts his annual summer camps during June and July. Campers will learn the techniques of hitting, pitching and fielding. The cost of the two camps is \$30. Registration is on a first-come, first-served basis and enrollment is limited.

Checks should be made payable to Belleville Area College and should be mailed to Belleville Area College, Business Office, 2500 Carlyle Ave., Belleville, IL, 62221.

Camps will take place during the following weeks:

• June 8-11, 9 a.m.-noon, fundamentals camp.

• June 15-18, 9 a.m.-noon, fundamentals camp.

• June 22-23, 9-11 a.m., specialized camp (hitters).

• June 24-25, 9-11 a.m., specialized camp (pitchers).

• July 6-7, 9-11 a.m., specialized camp (hitters).

• July 8-9, 9-11 a.m., specialized camp (fielders).

For more information, call 235-2700, extension 271.

BAC basketball camps

Belleville Area College

men's basketball coach Jay Harrington and women's coach Mike Juenger will conduct their annual basketball camps this summer.

Area boys and girls from grades 1-12 are eligible to take part in the week-long sessions, which will be offered in June, July and August. Costs of the camps vary. Checks should be made payable to BAC Basketball Camp and should be mailed to Belleville Area College, Business Office, 2500 Carlyle Ave., Belleville, IL, 62221.

Camps will be held during the following weeks:

• June 15-19, 9 a.m.-noon, girls grades 5-8. Cost: \$50.

• June 15-19, 1-4 p.m., boys grades 5-8. Cost: \$50.

• June 22-24, 9 a.m.-noon, grades 3-4 nipper camp. Cost: \$40.

• June 29-July 1, grades 9-12 girls camp. Cost: \$50.

• July 6-10, 9 a.m.-noon, girls grades 5-8 team camp (teams of five or more). Cost: \$50.

• July 6-10, 1-4 p.m., boys grades 5-8 team camp (teams of five or more). Cost: \$50.

• July 13-17, boys grades 5-8. Cost: \$50.

• July 13-17, 1-4 p.m., girls grades 5-8. Cost: \$50.

• July 27-29, 9 a.m.-noon, grades 1-2 little nipper camp. Cost: \$40.

• July 27-29, 1-4 p.m., grades 5-8 shooting camp. Cost: \$30.

• Aug. 3-7, 9 a.m.-4 p.m., grades 5-8 boys. Cost: \$90 (includes lunch).

For more information, call 235-2700, extension 271 or 1-800-BAC-5131, extension 271.

Softball leagues

Openings are still available in the following summer softball leagues sponsored by the Belleville Parks and Recreation Department:

• Corec leagues at Citizen's Park (play begins week of April 20). Games on Wednesday or Friday; league fee is \$375 for 14 games plus playoffs.

• Women's leagues at Laderman Park (play begins week of April 20). Games on Monday; league fee is \$375 for 14 games plus playoffs.

• ASA girls fastpitch leagues at Laderman Park (play begins week of May 18). Games will be played Monday through Thursday; age divisions are 12-and-under, 14-and-under and 16-and-under. League fee is \$575 for a 14-game season.

For more information, call 233-1416.

Mouse racing

The Little Knights Football Club is conducting its first mouse racing event, 7 p.m. April 18 in the Catholic War Veterans building on Illinois 159 (four miles south of Illinois 15). The cost is \$10 per person and includes beer, soda and snacks. There will be a seven-race card.

Hockey tryouts

Tryouts for a Prairie State Games bantam ice hockey team are set for April 25 (5:45 p.m.) and April 28 (3:15 p.m.) at East Alton Ice Arena.

The cost is \$30.

Players must be born after June 31, 1982; be residents of Madison County; and be registered through USA Hockey Insurance.

For information, call John Prichas (451-7000), Tony Voci (288-7535) and Bob Wondolowski (667-7730).

World Police Games

The World Police Games will be June 7-12 in Dallas. The Olympic-style competition is open to any police officer from a local, state, national, federal or international law enforcement agency.

Events include archery, baseball, basketball, biathlon, billiards, body building, bowling, boxing, cycling, flag football, golf, judo/karate, K-9, M/C rodeo, mountain bike, pistols, police bike, powerlifting, racquetball, rifle, skeet/trap, softball, SWAT, table tennis, tennis, track, tuff cop and volleyball.

For information, prospective entrants can call 214-670-6773. Registration deadlines for some events is April 15.

Golf tourney

The sixth annual Collinsville Rotary Golf Tournament is June 12 at the Fox Creek Golf Club near Edwardsville.

The 18-hole fundraising golf scramble is sponsored by the Collinsville Rotary Club. Prize money totaling \$1,800 will be awarded to the top three finishers in each of three flights, according to tournament general chairman John Ostanik. Awards will also be

presented for closest to the pin, longest drive and longest putt on various holes. Hole-in-one prizes will also be awarded.

Registration is \$75 per golfer. The event is limited to 36 four-player teams, a total of 144 golfers.

For entry information, call Ostanik at 345-9565.

Lutheran Day

The 22nd annual Lutheran Day at Busch Stadium will be May 25 (Memorial Day).

The Cardinals will play 1:15 p.m. against the Colorado Rockies, followed by exhibition games involving the four local Lutheran high schools, including Metro East Lutheran.

Tickets are \$11, and schools receive some of the proceeds for tickets they sell. For information, call Sigmund Bohnet at 656-0043.

Ice hockey program

A spring and summer hockey program will start May 1 at the new Fairview Heights ice rink. The program is open to all ages and skill levels and is sponsored by the Mississippi Valley Club Hockey Association.

Registration forms are available at Schofield's Hockey in Fairview Heights, or call 277-9270.

Baseball tournament

Fairview Heights will play host to the first National Amateur Baseball Federation (NABF) Classic National baseball tournament for teams ages 12-and-under June 14-21.

The Classic is an open tournament and is seeking up to 32 teams to participate. There is a five-game minimum guaranteed to each team, with additional games possible for teams which do not advance to the championship round.

Registration fees are \$525 per team. For more information, call 609-351-9220.

Knights sweep Warriors

By Brian Bretsch Staff writer

Triad baseball coach Tim Funkhouser has the Knights playing some solid baseball.

Triad traveled to Granite City on Saturday and broke out the brooms. The Knights swept the Warriors. Triad won 4-0 in the opening game and 6-3 in the nightcap.

Triad's Dave Jablonski went toe-to-toe with Granite City ace Dustin Brewer, who is one of the hardest throwing pitchers in the St. Louis area.

Both pitchers struck out three hitters, but in the end timely hitting proved to be the difference for the Knights.

Jablonski limited the Warriors to just four hits. The Knights had six hits off Brewer, including big RBI singles from Andy Lewis and Craig Knabe.

Triad scored a single run in the top of the first inning. The Knights came back to score two more in the fourth inning and their final run in the fifth.

Lewis kept up his hitting in the second game for the Knights. After a 2-for-3 performance at the plate in the opener, Lewis was a perfect 3-for-3 in the nightcap with a double and one RBI.

Justin McBride was 3-for-4 with a triple and RBI and Nick Butkovich had one RBI.

The Warriors held a 2-1 lead after three innings before the Knights opened the game with three runs in the fourth inning to take a 4-2 lead. Triad gave itself a 4-2 cushion with two more runs in the fifth.

Triad collected 10 hits off losing pitcher Paul Kacera, who issued five walks.

GCHS wrestling banquet is scheduled for May 7

By Patrick C. Heston Staff writer

After an historic campaign which saw the Granite City High School wrestling program notch its 100th consecutive regular season dual meet victory as well as its national record 1,000th all-time dual meet victory, Warriors wrestling is being honored by the Granite City Elks Youth Athletics Committee.

Not just the 1997-98 squad, but the entire Granite City wrestling program from the 1933-34 season to the present is being honored in evening festivities on Thursday, May 7, at the Granite City Elks Lodge. "Sixty-five Years of Excellence" is the theme of the banquet, which will kick off with cocktails at 6 p.m., followed by a prime rib dinner at 7 p.m. An awards and presentation ceremony will begin at 8 p.m.

All Granite City High School grapplers who lettered from the 1933-34 season on are invited to attend the function free of charge. A \$10 fee will be charged for any guest the hon-

orees bring to the event.

Special guest speakers are slated for the evening, including former coaches of the nationally recognized wrestling program. An attempt is being made to have all four living coaches in attendance.

The Elks ask the community's help in locating former lettered wrestlers who may have moved from the Granite City area.

Tickets and reservations can be obtained by calling any of the following: Jim McKechn (876-0060), Monte Kessler (931-0581), or John Janek (877-0428). For more information on the event, contact Jim McKechn (876-0060) or Steve Nonn (692-7040, ext. 4828).

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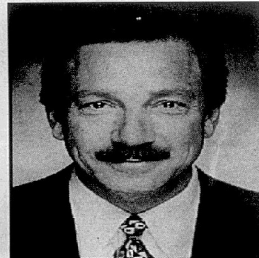
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NEWS

COMMUNITY CALENDAR

Church

FULL GOSPEL FELLOWSHIP, 3950 Horseshoe Lake Road in Ponton Beach, is holding a Gospel Bluegrass concert at 7 p.m. on Saturday, April 25, with Tennessee's award-winning group **THE HOLANDS**, featuring banjoist **KENNY INGRAM**, former member of Lester Flatt's Foggy Mountain Boys. Information: 451-1409.

The Southern Gospel singing group **CRIMSON GOLD**, from Ironton, Mo., will appear at 8 p.m. Saturday, April 18 at the **JOHNSON ROAD BAPTIST CHURCH**, 2033 Johnson Road in Granite City. Information: 876-1147.

SUBURBAN BAPTIST CHURCH, Maryville Road and St. Clair Avenue, will present a **SELF-DEFENSE CLASS** titled "Surviving in a Dangerous World," from 9:30 to 11:30 a.m. Saturday, April 25. The instructor will be Officer Michael Sparks of the Granite City Police Department. The class is open to men, women and teens, and is not a hands-on type training. Information: 876-7404 (church), or 451-9760 (Sparks).

ST. JOHN UNITED CHURCH OF CHRIST, 9 a.m. Sunday School, 2901 Nameoki Road, two Sunday worship services, 9 a.m. and 10:30 a.m. Everyone is welcome.

GENERATION JESUS YOUTH GROUP, led by youth minister, 5 to 6 p.m. every Sunday at Nameoki United Methodist Church, 1900 Ponton Road.

CENTRAL CHRISTIAN CHURCH, 2020 Johnson Road, holds Sunday 9:30 a.m. and 10:30 a.m. morning worship at 10:45 a.m. every Sunday. Everyone is welcome.

ST. PETER UNITED CHURCH OF CHRIST, 2101 Cleveland Blvd., holds Sunday School at 9:30 a.m. and has preschool available. Morning worship services at 10:15 a.m. Nursery available. Everyone is welcome.

NIEDERHUGHSA UNITED METHODIST CHURCH Sunday worship services are at 8:30 a.m. and 10:30 a.m. Sunday School at 9:30 a.m. and Prayer Meeting at 6:30 p.m. Wednesdays, Nursery Available. Everyone is welcome.

JESUS EVERY THURSDAY (JETS), led by the music director, is for kids 3 to 11 years old. Meets from 7 to 8:15 p.m. Thursdays. Music/Bible study and fun at Niedringhaus United Methodist Church, 20th and Delmar. Mom's Bible study and share group meets at the same time for children. For more information, call 877-4555.

FULL GOSPEL FELLOWSHIP, 3950 Horseshoe Lake Road, is holding a service and Children's Church at 10:30 a.m. Monday Night Miracle Service at 7 p.m. Wednesday night youth service at 7 p.m. and Wednesday night youth service at 7 p.m. Fellowship invites all to attend and enjoy power-packed services.

TEMPLE BAPTIST CHURCH Adventure Club, an after school activity for grades 4-6, meets 3:30 to 5 p.m. Tuesdays at the church, 1900 Ponton St. For more information, call 452-0273.

GOOD SHEPHERD UNITED METHODIST CHURCH, 3025 National, holds Bible class for young adults at 5 a.m. Sundays, new Sunday school class for junior high at 9, Bible class for all ages 3, and has a 10 a.m. worship service.

Every Tuesday, 4:30 to 6 p.m., at Second Baptist Church, 21st and Illinois streets, Granite City. Everyone is welcome.

POLISH PIEROGI SALE, Sacred Heart Polish National Catholic Church, 835 Reynolds, Sunday, 9 a.m. to noon, first Saturday of each month. Seven varieties: cabbage, cheese, kraut, potato, sausage and kraut, plum pudding and laco. Carry-outs only. \$6 per dozen. Cooked and ready to eat. Also Chrusciki and rosettes. Order ahead by calling 876-5850, 876-3696, or 831-3367.

RESCUE MISSION, 1536 Fourth St., Madison, food pantry is open from 9 a.m. to noon every Saturday. Samuel Turner is the chairman, Valinda Turner is the secretary and Alfred Turner is the pastor.

ST. JOHN LUTHERAN CHURCH MONTHLY COUNTRY BREAKFAST, 8 to 11 a.m. the second Sunday of each month at 2001 St. Clair Ave. Eggs, sausage, pancakes, biscuits, homemade gravy, and jellies, coffee and orange juice. Meals are \$4 for adults, \$2 for children. Call 451-7788 for more information.

GRANITE CITY FOURSQUARE CHURCH, 12th and Edwardsville Road, hold meals served free of charge, the last Monday of each month. Those in need or those who just want someone to talk to. Open to public. For information or a ride, call 451-9035.

Health/Exercise

Bemis Chiropractic, 3361 Fehling Road in Granite City, is offering **FREE ELECTRONIC SPINAL SCREENING** from 9 a.m. to noon every Tuesday and Thursday. Call 876-2273 for more information.

TOPS 2363, 6:30 p.m. every Thursday at Anchorage Recreation Center, 2909 Edwards St. For more information call Bobbie at 452-0273.

FREE SENIOR CITIZEN EXERCISE CLASS, 9 a.m. every Thursday at Anchorage Recreation Center, 2909 Edwards.

TOPS 2048 (Take Off Pounds Sensibly) will meet at 6:45 p.m. every Tuesday at the Anchorage Recreation Center, 2909 Edwards St. Call 797-2724 for more information. Men and women are welcome to attend.

TOPS 1645, 7 p.m. every Monday, Anchorage Recreation Center, 2909 Edwards St., Granite City, 452-1022. Men and women welcome.

TOPS 1699, (Take Off Pounds Sensibly) will meet at 6:45 p.m. every Tuesday at the Anchorage Recreation Center, 2909 Edwards St. Call 797-2724 for more information. Men and women are welcome to attend.

TOPS 1247, 6 p.m. every Tuesday, Colburne Lakeway, 1515 Highway 1205 W. Ponton. Weigh-in at 6:30 p.m. Anyone age 7 or above with a weight problem is welcome. For more information call Ann at 452-6102.

MADISON COUNTY URBAN LEAGUE HEALTH CARE SERVICES offers the following each month at 5015 W. 12th Ave. in Madison: Walk-in pregnancy testing and prescription refills 10 a.m. to 3 p.m. Mondays; Family planning services, 9 a.m. to 4 p.m. Tuesdays; STI screening and treatment, 9 a.m. to 4:30 p.m. Wednesdays; and family planning services, 9 a.m. to 4:30 p.m. Call 452-5394 for appointments or more information.

Organizations

AMERICAN ASSOCIATION OF RETIRED PERSONS CHAPTER 1340, meets at Granite City Township Hall second Wednesday of each month. Doors open at 5 p.m., refreshments served at 6 p.m. All seniors 50 and over are welcome. For information call 877-3020.

MEN'S FELLOWSHIP GROUP of Central Christian Church meets at 8:30 a.m. the second Wednesday of each month for breakfast and fellowship. For more information and/or location of meetings call 831-2098.

GRANITE CITY BUSINESS AND PROFESSIONAL WOMEN, meeting at Jerry's Cafeteria. Dinner at 6:30 p.m., third Wednesday of each month, followed by a program at 7:15. Open to the public. For more information call 452-5391 or 451-8814.

NOON NETWORKING FOR WOMEN, third Wednesday of each month, noon to 1 p.m., Ramada Inn in Fairview Heights. Cost is \$10 (no annual dues). Please feel free to bring your business cards and brochures. Bring a friend and get \$4 off your next lunch at Noon Networking.

SINGLES ALIVE, a Christian singles group, will meet next at 6 p.m. April 19 for a potluck social at the Wood River Township Hall. Bring a covered dish, dessert and soda. All singles are invited, all denominations and ages welcome.

CHRISTIAN WOMEN'S FELLOWSHIP of Central Christian Church meets at 1 p.m. the first Thursday of each month. For more information, call Helen Stumpe at 931-2098.

SONS OF CONFEDERATE VETERANS, a hereditary group for descendants over age 12 of Confederate veterans, meets every third Thursday of every month at Ravelle's Restaurant in Granite City. Call 877-3095 for more information.

NAVY MOTHERS CLUBS OF AMERICA, meet at 7:30 p.m., second Thursday of each month, at the Veterans of Foreign Wars in Fairview Heights. Mothers, fathers, daughters, wives or sisters of former and present Navy, Marines, Coast Guards or Sea Bees are encouraged to join. For further information, call 931-2292 or 876-2203.

THE SARAH AND DORCAS CIRCLES OF CHRISTIAN WOMEN'S FELLOWSHIP meet at 9:30 a.m. the third Thursday of each month. For more information

and/or meeting location, call Helen Stumpe at 931-2098.

THE RUTH CIRCLE OF CHRISTIAN WOMEN'S FELLOWSHIP meets at 7 p.m. the third Thursday of each month. For more information and/or meeting location, call Helen Stumpe at 931-2098.

LYDIA CIRCLE of Nameoki United Methodist Church meets at 1 p.m. the third Thursday of each month. For more information phone, 877-1936.

CHURCH WOMEN UNITED will meet at 10 a.m. the fourth Thursday of each month, except July, at the Nameoki Methodist Church, 1900 Ponton Road.

MODERN WOMEN OF AMERICA Life Insurance Society meets the last Thursday of each month at 5 p.m. at Ravelle's Restaurant.

THE JOLLY QUILTERS, 9 a.m. to 2 p.m. every Thursday at the Social Center, 906 Thorngate Drive in Mitchell.

GRANITE CITY COMMUNITY BAND rehearses, 7:30 to 9 p.m. every Thursday. St. John United Church of Christ, 2901 Nameoki Road, Granite City, 931-9443.

GREATER BENEFICIAL UNION OF PITTSBURGH, District 491, Granite City Council, meets at 8 p.m. first Friday of each month, at Third Baptist Church, 26th Street and Grand Avenue in Granite City. James P. Reagan, president, can be reached at 288-7386, and Mary Solomon, secretary, can be reached at 451-9201.

GRANITE CHAPTER 650 ORDER OF THE EASTERN STAR meets the second Friday of each month, 7:30 p.m., at the Masonic Temple, 20th Street and Cleveland Boulevard in Granite City.

DOWNTOWN NEIGHBORHOOD RESTORATION SOCIETY, 8 p.m. second Friday of each month, Granite City, 876-7715.

GRANITE CHAPTER 650 ORDER OF THE EASTERN STAR meets the fourth Friday of each month, 7:30 p.m., at the Masonic Temple, 20th Street and Cleveland Boulevard in Granite City.

METRO EAST LANDLORD'S ASSOCIATION meets the first Monday of each month at the Eagles Lodge in Collinsville.

CAMERA EXPLORERS CLUB, Hartford Public Library, 143 W. Hawthorne St., p.m. the first Monday of each month. Call Beverly Zager, 254-9394.

ELKETTES, Granite City Lodge 1063, Maryville Road, 931-3557, 7 p.m. the first Tuesday of each month except July and August.

MADISON COUNTY LEGAL SECRETARIES ASSOCIATION, meets the first Tuesday of each month at 6:30 p.m. in Collinsville. Call for more information, legal secretaries, support staff, court reporters and court personnel. For more information call 452-4444.

MADISON COUNTY HOMEOWNERS EXTENSION ASSOCIATION, Granite City unit, meets first Tuesday of each month at the Anchorage Recreation Center. For more information call 876-7026 or 931-3735.

TRIO UNIT, MADISON COUNTY HOMEOWNERS EXTENSION ASSOCIATION, meets the first, third and fifth Tuesday of the month from 7 to 9 p.m. at Shoney's, Highway 157 (I-4 Commerce Drive) in Collinsville. Come join us for better communication and leadership skills. For more information call 876-8450, or 452-3265.

NATIONAL ASSOCIATION OF RETIRED FEDERAL EMPLOYEES (NAFEE) Chapter 1067 meets the second Tuesday of each month, except July and August, at 11:30 a.m. at Charlie's Restaurant in Granite City. For more information call 876-8450, or 452-3265.

BAND PARENTS ASSOCIATION OF GRANITE CITY HIGH SCHOOL, 3101 Madison Ave., 451-5808, 7 p.m., second Tuesday of each month.

BENEVOLENT AND PROTECTIVE ORDER OF ELKS, Granite City Lodge 1063, Maryville Road, Granite City, 931-3557, 8 p.m., second Tuesday of each month.

KNIGHTS OF COLUMBUS, 3RD DEGREE, 4225 Old Alton Road, 7:30 p.m., the second Tuesday of each month, 877-4250.

KNIGHTS OF COLUMBUS, 4TH DEGREE, 4225 Old Alton Road, 7:30 p.m., third Tuesday of each month, 877-4250.

BENEVOLENT AND PROTECTIVE ORDER OF ELKS, Granite City Lodge 1063, Maryville Road, Granite City, 931-3557, 8 p.m., fourth Tuesday of each month.

JOB'S DAUGHTERS BETHEL #43 meets the fourth Thursday of each month at 7 p.m. in the Masonic Temple, 20th Street and Cleveland Boulevard.

KNIGHTS OF COLUMBUS, 3RD DEGREE, 4225 Old Alton Road, 7:30 p.m., fourth Tuesday of each month, 877-4250.

GRANITE CITY KIWANIS meet at Shoney's at 7:30 a.m. every Tuesday.

The Troy/Maryville/Collinsville chapter of **BUSINESS NETWORK INT'L (BNI)** meets every Tuesday at 7 a.m. at Randy's Restaurant in Troy. For more information, please call Lisa at 867-8340.

BURT - BUBBLEMASTERS UNDERWATER RESCUE TEAM meets at 7 p.m. the third Wednesday of each month at 4954 Old Alton Road next to the

(See CALENDAR, Page 6B)

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The Southern Gospel singing group **CRIMSON GOLD**, from Ironton, Mo., will appear at 8 p.m. Saturday, April 18 at the **JOHNSON ROAD BAPTIST CHURCH**, 2033 Johnson Road in Granite City. Information: 876-1147.

SUBURBAN BAPTIST CHURCH, Maryville Road and St. Clair Avenue, will present a **SELF-DEFENSE CLASS** titled "Surviving in a Dangerous World," from 9:30 to 11:30 a.m. Saturday, April 25. The instructor will be Officer Michael Sparks of the Granite City Police Department. The class is open to men, women and teens, and is not a hands-on type training. Information: 876-7404 (church), or 451-9760 (Sparks).

ST. JOHN UNITED CHURCH OF CHRIST, 9 a.m. Sunday School, 2901 Nameoki Road, two Sunday worship services, 9 a.m. and 10:30 a.m. Everyone is welcome.

GENERATION JESUS YOUTH GROUP, led by youth minister, 5 to 6 p.m. every Sunday at Nameoki United Methodist Church, 1900 Ponton Road.

CENTRAL CHRISTIAN CHURCH, 2020 Johnson Road, holds Sunday 9:30 a.m. and 10:30 a.m. morning worship at 10:45 a.m. every Sunday. Everyone is welcome.

ST. PETER UNITED CHURCH OF CHRIST, 2101 Cleveland Blvd., holds Sunday School at 9:30 a.m. and has preschool available. Morning worship services at 10:15 a.m. Nursery available. Everyone is welcome.

NIEDERHUGHSA UNITED METHODIST CHURCH Sunday worship services are at 8:30 a.m. and 10:30 a.m. Sunday School at 9:30 a.m. and Prayer Meeting at 6:30 p.m. Wednesdays, Nursery Available. Everyone is welcome.

JESUS EVERY THURSDAY (JETS), led by the music director, is for kids 3 to 11 years old. Meets from 7 to 8:15 p.m. Thursdays. Music/Bible study and fun at Niedringhaus United Methodist Church, 20th and Delmar. Mom's Bible study and share group meets at the same time for children. For more information, call 877-4555.

FULL GOSPEL FELLOWSHIP, 3950 Horseshoe Lake Road, is holding a service and Children's Church at 10:30 a.m. Monday Night Miracle Service at 7 p.m. Wednesday night youth service at 7 p.m. and Wednesday night youth service at 7 p.m. Fellowship invites all to attend and enjoy power-packed services.

TEMPLE BAPTIST CHURCH Adventure Club, an after school activity for grades 4-6, meets 3:30 to 5 p.m. Tuesdays at the church, 1900 Ponton St. For more information, call 452-0273.

GOOD SHEPHERD UNITED METHODIST CHURCH, 3025 National, holds Bible class for young adults at 5 a.m. Sundays, new Sunday school class for junior high at 9, Bible class for all ages 3, and has a 10 a.m. worship service.

Every Tuesday, 4:30 to 6 p.m., at Second Baptist Church, 21st and Illinois streets, Granite City. Everyone is welcome.

POLISH PIEROGI SALE, Sacred Heart Polish National Catholic Church, 835 Reynolds, Sunday, 9 a.m. to noon, first Saturday of each month. Seven varieties: cabbage, cheese, kraut, potato, sausage and kraut, plum pudding and laco. Carry-outs only. \$6 per dozen. Cooked and ready to eat. Also Chrusciki and rosettes. Order ahead by calling 876-5850, 876-3696, or 831-3367.

RESCUE MISSION, 1536 Fourth St., Madison, food pantry is open from 9 a.m. to noon every Saturday. Samuel Turner is the chairman, Valinda Turner is the secretary and Alfred Turner is the pastor.

ST. JOHN LUTHERAN CHURCH MONTHLY COUNTRY BREAKFAST, 8 to 11 a.m. the second

Calendar

(Continued from Page 58)
 Mitchell Fire Protection Department.
 Tours are available by appointment.
 931-8317 or write to the above
 address.

MADISON COUNTY FAMILY ALLIANCE will meet from 8 to 10:30 a.m. at Milonski Room at St. Elizabeth Medical Center in Granite City. For information, call 462-4883, extension 104.

NEW HOPE CHAPTER 432 ORDER OF THE EASTERN STAR meets at 8 p.m. the first and third Fridays of each month at Masonic Temple, 1940 Cleveland Blvd. in Granite City.

TRIPLE LODGE 835 A.F. and A.M. meets at 7 p.m. the first and third Wednesdays of each month at Masonic Temple, 1940 Cleveland Blvd. in Granite City.

SCHOOL OF METAPHYSICS, 7:30 to 10:30 p.m., every Tuesday, 9459 Rosian Place, St. John, Mo. 63114. Classes in applied metaphysics. Call Melanie McManus at 429-0076.

Seniors

PONTIAC BEACH SENIOR CITIZENS BINGO, every Wednesday, 11:30 a.m., 3910 Highway 111, Pontiac Beach.

CHOUTEAU TOWNSHIP SENIOR CITIZENS, meets the fourth Thursday of each month, 6 p.m. Potluck, Social Center, 996 Thorngate Drive, Mitchell.

ATTENTION MEDICARE BENEFICIARIES—Come and hear how Medicare can give you complete health-care coverage. You are invited to hear a presentation every Tuesday and Thursday at 10 a.m. at the Pontiac Beach Senior Center, 3910 Highway 111, Pontiac Beach.

EAGLE PARK ACRE SENIORS OF MADISON meet every Thursday from 10 a.m. to noon at 100 Hill St. (rear), Eagle Park Acres, Madison.

FREE SENIOR CITIZEN EXERCISE CLASS, 9 a.m., every Thursday. Anchorage Recreation Center, 2909 Edwards.

FRIDAY AFTERNOON PINOCCHLE CLUB for seniors 55 and over meets at 12:30 p.m. Harold Brown Building, Franklin Avenue and Pontiac Road. Call 877-0350 for more information.

PONTIAC BEACH SENIOR CITIZENS pot luck dinner the last Saturday of each month, 5 p.m., 3910 Highway 111, Pontiac Beach.

GRANITE CITY SENIOR SOCIAL CLUB meets at the Nelson Hagauer at Township Hall. Doors open at 6 p.m. April 27 for the next dance. For information, call 877-1215.
PONTIAC BEACH SENIOR CITIZENS, meeting, third Tuesday of each month, 7 p.m., 3910 Highway 111, Pontiac Beach.

Support Groups

THE CHURCH OUTREACH INC. meets 7 to 9 p.m. every Wednesday night at True Fellowship Church, 1641 3rd St. in Madison. The church is an outreach program designed to support its community in the struggle with drug control. All meetings are confidential. For more information, call 877-TRUE.

STROKE SUPPORT GROUP, for patients, their families and caregivers, 6:30 p.m., second Wednesday of each month, in PASCAL Hall, St. Elizabeth Medical Center. Refreshments are served. Call 798-3018 for more information.

PULMONARY SUPPORT GROUP, for persons with diagnosed lung condition, 11 a.m. to noon every Wednesday in 4-Doctors Seminar, St. Elizabeth Medical Center, 798-3019.

ALANON, 9:30 a.m. every Monday, 2116 Edison (side door) in Granite City. Call 463-2429.

ALCOHOLICS ANONYMOUS, 11 a.m. and 8 p.m. every Wednesday, 2116 Club, 2116 Edison, Granite City. (800) 307-6600.

ALANON ADULT CHILDREN meets at 7 p.m. every Wednesday at St. Elizabeth Medical Center, 2100 Madison Ave. in the Kettler Center Conference Room A. Call 463-2429 for more information.

ALCOHOLICS ANONYMOUS, 8 p.m. every Wednesday, St. Elizabeth School's Noah's Ark Day Care, Pontiac Road, Granite City. The meetings are closed except for the last Wednesday of the month.

PARENTS ANONYMOUS GROUP, meets 5:30 to 6:30 p.m., first and

third Thursday of each month. For information on where meeting will be held, call Elaine Searcy at 462-2714 or Lyle Cumberly at 876-2382.

MULTIPLE SCLEROSIS SELF-HELP GROUP meets from 7 to 9 p.m. second Thursday of each month, in PASCAL Hall at St. Elizabeth Medical Center, 2100 Madison Ave. in Granite City. Call 797-2780 or 451-0728 for more information.

ALZHEIMER'S SUPPORT GROUP meets from 6:30 to 8 p.m., third Thursday of each month, in the President's Room, Instar Bonaventura's Cafeteria, on the ground floor of St. Elizabeth Medical Center, 2100 Madison Ave. The group focuses on addressing the questions and concerns of care-givers and family members of people with Alzheimer's. All meetings are open to community members. Call 798-3018 for more information.

ALCOHOLICS ANONYMOUS, 8 p.m. every Thursday, 2116 Club, 2116 Edison, Granite City. (800) 307-6600.

ALCOHOLICS ANONYMOUS, 8 p.m. every Thursday, Presbyterian Church, Mitchell, (800) 307-6600.

ALCOHOLICS ANONYMOUS, 11 a.m. every Thursday, 2116 Club, 2116 Edison Ave., Granite City. (800) 307-6600.

ALANON, 7 p.m. every Thursday, St. Elizabeth Medical Center, 2100 Madison Ave. in the Kettler Center Day Care Room C. Call 463-2429.

ALATEEN and PREALATEEN PROGRAM for 12 to 17 age group, and prelateen to 11 year olds group, meets at 7 p.m. every Thursday at St. Elizabeth Medical Center, 2100 Madison Ave. in the Kettler Center Conference Room A. Call 463-2429.

NARCOTICS ANONYMOUS, Seeking recovery, 8 p.m. every Thursday, 2016 Delmar Ave., 24-hour hot-line 398-9409.

SOUTHERN ILLINOIS DIVORCED AND SEPARATED CATHOLICS meets at 7:30 p.m. the second Friday of each month (September through May) at St. Boniface School, 123 N. Buchanan, Edwardsville. Call 465-1463.

HEREDITARY ATAXIA (a disorder of nerve cells in the spinal cord and cerebellum) support group meets the second and fourth Friday of each month. Call Curt Williams, 877-5172, for information.

ALCOHOLICS ANONYMOUS, noon and 8 p.m. every Friday, 2116 Club, 2116 Edison, Granite City. (800) 307-6600.

STEMS (Support Together for Emotional and Mental Serenity) is a support group for people with a mental illness and an alcohol or substance abuse problem. Meetings every Friday from 12:30 to 2:30 p.m. at PASCAL Hall, St. Elizabeth Medical Center. Call 798-3024 for more information.

DEPRESSIVE MANIC DEPRESSIVE

ASSOCIATION OF MADISON COUNTY will meet from 1 to 3 p.m. every Friday, at St. Elizabeth Medical Center, Granite City, in the Milonski Room located in the basement. For more information call the OMDA office at (314) 776-3969.

RIVERS OF WATER WORSHIP CENTER SUPPORT GROUP, meets the first and third Saturday of each month, at 1307 Madison Avenue, Madison, 9:30 to 11 a.m., to comfort and restore. Group membership is open to all who are "broken"—at no cost. Worship service will follow each third Saturday at 11:30 a.m. For more information, call 341-3643 or 656-7831.

OBSESSIVE/COMPULSIVE DISORDER SUPPORT GROUP, meets the third Saturday of each month, at Von Santland Conference Center at St. John's Mercy Medical Center, 615 South New Ballas Road, 10 a.m. Meeting is free and open to OCD patients, family and friends. For information call (314) 842-7228.

ALCOHOLICS ANONYMOUS, 8 p.m. every Thursday, 2116 Club, 2116 Edison, Granite City. (800) 307-6600.

NARCOTICS ANONYMOUS, Acceptance, 8 p.m. every Saturday, 2116 Club, 2116 Edison Ave., 24-hour hot-line 398-9409.

ALCOHOLICS ANONYMOUS, 1:30 p.m. and 8 p.m., every Sunday, 2116 Club, 2116 Edison, Granite City. (800) 307-6600.

NARCOTICS ANONYMOUS, Live the Steps, 8 p.m. every Sunday, 2016 Delmar Ave., 24-hour hot-line 398-9409.

ALCOHOLICS ANONYMOUS, 8 p.m. every Sunday, St. Elizabeth Medical Center, PASCAL Hall, main floor, Granite City. (800) 307-6600.

PROSTATE CANCER SUPPORT GROUP, 3 to 4:30 p.m., third Sunday of each month, at Central Christian Church, 2020 Johnson Road, Grantmeist in the Church's Terrace Room. Enter through the Fellowship Hall in the east side of the building. There is no charge. For more information phone Roger Zollars, any evening, at 656-5425.

ARTHRITIS SUPPORT GROUP, 7 p.m., fourth Monday of each month, Alton Memorial Hospital cafeteria, Room B.

CHEMICAL DEPENDENCY RELAPSE PREVENTION GROUP meets from 6:30 to 8:30 p.m. every Monday at the University Drive in Edwardsville. The group focuses on eliminating relapse-prone thinking, feeling and behavior patterns and helping group members grow in sobriety. For more information, call 798-3858.

NEGLECTED VICTIMS OF CHILD SEXUAL ABUSE, a support group for nonoffending parents of victims, meets from 6 to 7:30 p.m. every Monday at Southern Illinois University at Edwardsville's Rape and Sexual Abuse Care Center, Call

892-2197 for details.

DIABETES SUPPORT GROUP, 1 to 3 p.m. every Tuesday, at St. Elizabeth Medical Center, 798-3456.

ALLIANCE FOR THE MENTALLY ILL OF MADISON COUNTY, (AMI) meets the first Tuesday of each month, from 7 p.m. to 9 p.m. at the Mental Health Clinic, 50 Industrial Drive, Granite City. For information call 798-3650.

CUPFULALLIANCE FOR THE MENTALLY ILL will meet at Market Avenue Church of God, 1505 in East St. Louis every fourth Saturday of each month from 2 to 4 p.m. For more information, call (314) 968-8031.

BETTER BREATHERS, support group of those with chronic lung condition, second Tuesday of each month, 1 p.m., PASCAL Hall, St. Elizabeth Medical Center, 798-3118.

MASTECTOMY SUPPORT GROUP, 7 to 9 p.m., PASCAL Hall, main floor, St. Elizabeth Medical Center, second Tuesday of each month, 798-3118.

LUPUS RHEUMATOID SUPPORT GROUP, sub-chapter of Illinois Lupus Foundation, 7:30 p.m., third Tuesday of each month, Memorial Hospital auditorium, Belleville, 233-7750, extension 5860.

PARENTS OF MURDERED CHILDREN, St. Louis Chapter, 8 to 10 p.m., the third Tuesday of each month at the American Cancer Society Building, 420 Lindell Blvd., St. Louis. For more information call 452-4149 or (314) 391-2230.

SPOUSE SUPPORT GROUP, sponsored by Nameki United Methodist Church, meets the third Tuesday of each month, For meeting time and place, call the church at 877-1938.

SINGLES CONNECTION events this week are: Meet at 6:30 p.m. April 8 for pizza at Pantera's in the Montclair Shopping Center in Edwardsville. For information, call Bon. 254-1656. Meet at 6:30 p.m. April 9 for a movie at the Cottonwood Theater in Edwardsville. Admission is \$2. Call Betty S., 344-2791. Meet at 7 p.m. April 10 at Troy Truck Stop for fish for Good Friday. Call Dais at the Fireman's Hall in Collinsville for dancing. Call John M., 654-5072. Meet at 6:30 p.m. April 14 at the Edwardsville YMCA. Esic Drive at Edwardsville, volleyball on a racquet. Volleyball, with a soft ball. Cost is \$3 for three hours of play. Call Paul, 332-1731 for more information.

OSTOMY SUPPORT GROUP, 2 to 4 p.m., fourth Tuesday of each month, PASCAL Hall, main floor, St. Elizabeth Medical Center, 798-3157.

PEOPLE NEEDING PEOPLE BECAVEMENT SUPPORT GROUP, 7 to 9 p.m., fourth Tuesday of each month Wiesman Room, first floor, St. Elizabeth Medical Center, call Hospice of

Madison County, 798-3399.

ALCOHOLICS ANONYMOUS (women only), 8 p.m. every Tuesday, Presbyterian Church, Mitchell, (800) 307-6600.

ALCOHOLICS ANONYMOUS, 8 p.m. every Tuesday, St. John United Church, 2901 Nameki Road, Granite City, 692-8078.

ALANON, 8 p.m., every Tuesday, St. John United Church, 2901 Nameki Road, Granite City, 463-2429.

ALATEEN and PREALATEEN PROGRAM for 12 to 17 age group, and prelateen to 11 year olds group, now meets at 7 p.m. every Thursday at St. Elizabeth's Medical Center, 2100 Madison (in the Kettler Center C Dayroom). For more information call 463-2429.

THE CIRCLE OF HOPE, a 12-step healing program for anyone whose life is affected by HIV infection meets at 7 p.m. every Tuesday at the King's House on North 68th Street in Belleville. For more information, call 234-0291.

NARCOTICS ANONYMOUS, Path to Recovery, 8 p.m. every Tuesday, 2016 Delmar Ave., 24-hour hot-line 398-9409.

LEARNING TO LEAN support group for families with special needs children, for families and friends of any child with any disability. Meets 7 to 9 p.m. the first Tuesday of every month at Word of Life Tabernacle, 4870 Maryville Road in Granite City. Childcare is provided. Call Gina at 331-6453.

Other

MADISON COUNTY ACTION GROUP meets at 7 p.m. every Wednesday. For more information call Dan at 452-2336 or Diane at 875-1360.

MADISON COUNTY GENEALOGICAL SOCIETY meets the third Tuesday of each month, at Immanuel United Church, 800 N. Main, Edwardsville.

EDWARDSVILLE KENNEL CLUB 7:30 p.m., second Thursday of each month, Hayes Mallory Country Club, 216 Crane St., Edwardsville, open to public.

EAGLES AUXILIARY 1126 BINGO 1 p.m. every Sunday at the Nameki Bingo Room. Also included will be color raffle, 50/50 drawing free games and other raffles.

GATEWAY SOUNDS CHORUS 7:30 p.m. every Tuesday at the Collinsville Senior Citizen Center, 420 E. Main, Collinsville. For more information, call Joyce Greiner at 398-8853.

N'awllins comes to Fairview

By Kimberly Haas
 Staff writer

Spend an evening on New Orleans' Bourbon Street without leaving Fairview Heights. The Midwest Salute to the Masters Festival of Fine Art presents "An Evening on Bourbon Street" from 7:30-10:30 p.m. on Saturday, April 25 at Jacks on the Green at Stonewall Golf Club, 1195 Stonewall Trail, Fairview Heights.

Proceeds from the event benefit the Children's Creation Station at the Salute. The Salute is scheduled for Aug. 28-30 at Longacre Park in Fairview Heights. The Creation Station enables children, ages 10 and under, to create their own artwork, as well as purchase a piece of art by one of the 100 nationally recognized artists participating in the event.

The cost of "An Evening on Bourbon Street" is \$35 per person, including dinner and a concert by the jazz group, Dwayne Estes Trio. Dwayne, Don Nedobek will also perform at the event. Dinner will include red beans and rice, file gumbo, blackened chicken strips, andouille puffs, Cajun bread sticks, and assorted pastries. Cocktails and hors d'oeuvres will also be served.

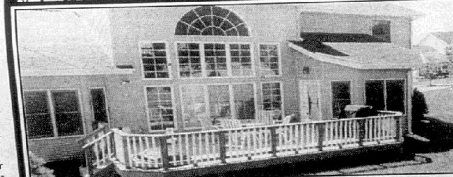
In addition, artwork by award-winning watercolor artist Terry Maxwell will be auctioned at "An Evening on Bourbon Street." Maxwell's watercolors are represented in public, private, and corporate collections throughout the country.

Maxwell has been a full-time artist since receiving his master's degree at Emporia State University in 1975. He is a member of the Kansas Watercolor Society and has received numerous awards in competitive exhibitions.

For more information about "An Evening on Bourbon Street," call 394-5702.

The Midwest Salute to the Masters is a nationally recognized art festival in its eleventh year. One hundred nationally acclaimed artists from around the world participate in the event each year.

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Today's Food

Wednesday, April 15, 1998

Food & Nutrition

Wise Ways

Beans are smart way to a frugal cook's heart and kitchen.
INSIDE

Heart-y Bites

Jiggly allure of gelatin soothes nerves by putting fun in food.
INSIDE

Blue Ribbon Cook

Six-ingredient chili is ready to eat in a simmer and a stir.
INSIDE

Test Run

A new line of potato and tortilla chips is a Wow! experience for samplers who want much less fat in their crunch. The products are fried in a new fat-free cooking oil, olestra (Olean), designed by Procter & Gamble. The product arrives on local shelves with a flurry of interest from snack-lovers looking for a leaner chip fix and critics who question widespread use of the product.
INSIDE

Micro Raves

Meatloaf night gets a second look when it can be made quickly any time of year in a cool kitchen.
INSIDE

Lively Taste

Parsley is an easy plant to keep in a garden. Seeds germinate slowly, but once seeds become established, they do well. Curly parsley is prettier in a pot, but flat-leaved Italian parsley is more flavorful, with flavor of both concentrated more in the stems. Garlic and cheese are naturals with it. Use it in omelets and scrambled eggs, add it to cheese filling for pasta and combine it with the savory flavors of bouquet garni — bay and thyme, rosemary and tarragon. Source: 'St. Louis Herb Society Cookbook.'

Health & Fitness

Medicine Chest

'Today's Health' will focus on treatment of high cholesterol in a special program by the American Pharmaceutical Association Foundation Project Impact the rest of April. The 30-minute show, repeated on cable network CNBC, discusses diagnosis and management of high cholesterol. It also tells how a pharmacist can help provide counseling, diet information and lifestyle changes.

Fresh Picks

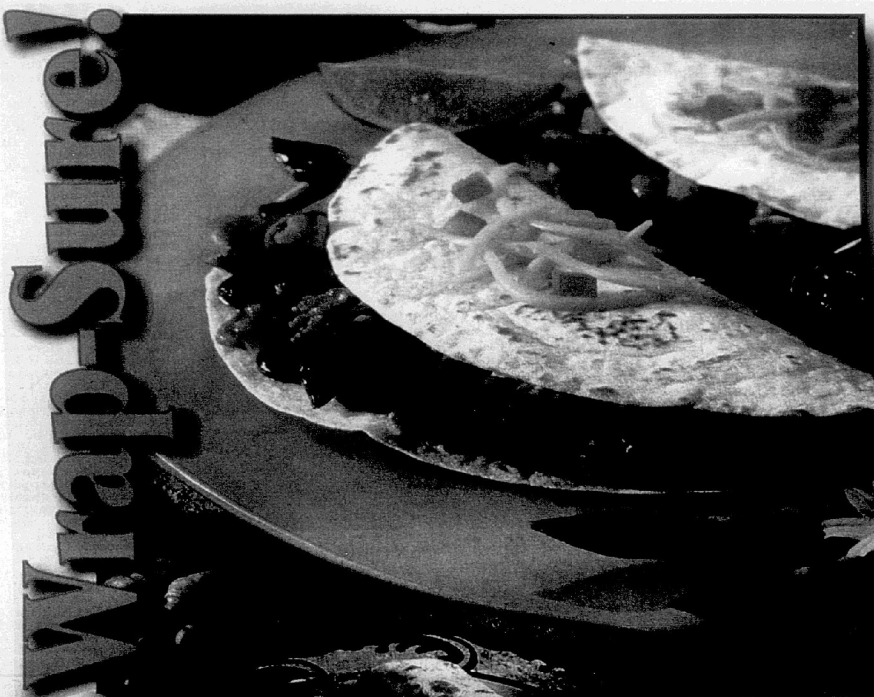
California artichokes are plentiful through May. A large artichoke has only 25 calories. Size determines cooking time, not flavor. To cook one (or more), pull off coarse outer petals and cut off the stem. Cut off top quarter, then trim any remaining thorny tips of leaves. Wash it under cold running water. To prevent discoloration, plunge it immediately into 1 quart water diluted with 3 tablespoons lemon or vinegar. Boil it, covered, about 40 minutes for a large one, 25 to 35 minutes for medium, until stem end is tender when pierced. To microwave 1 medium artichoke, place upside-down in glass bowl with 1/4 cup water. Cook, covered, on high power 7 to 8 minutes, turning once. Turn right-side up in liquid, re-cover and let stand 5 minutes before serving. For 4 artichokes, double the liquid; cook, covered, on high power 12 to 14 minutes. Eat by pulling off a leaf, dipping in sauce and drawing between the teeth to scrape out the tender base. Discard the leaf tip and the fuzzy choke after it is scooped out. The remaining 'heart' is a delicacy. Add cooked artichokes to a hot liquid, like Italian salad dressing, refrigerate and serve cold.

Big Fat Tip

Before broiling or grilling, marinate skinless chicken or seafood in a mixture of 1/3 cup orange or grapefruit juice, 1 tablespoon Worcestershire sauce, 1/2 teaspoon garlic powder and 1/4 teaspoon freshly ground pepper. Chicken can be marinated as long as several hours, but limit seafood to about 30 minutes.

Future Shop

As people look at more herbs as medicine, they buy products for uses beyond kitchen duty. It is important to store herbal products in the same safe locations drugs are stored. They should be kept on a top shelf or secured in a cabinet or other place where hands cannot accidentally take hold of them with disastrous results.



By Janice Denham
Staff writer

It's all in a day at the ballpark or kitchen. Not every meal excites folks like a Mark McGwire home run, but food can be fun.

Basic ingredients — bat, glove and sunshine or soft — bring play in from the outfield for a play at the plate. Sometimes a favorite combination strikes out, but other times the timing of ingredients click to produce a hit flavored by the atmosphere of a rapturous good time.

Is there a home run every time? Of course not, but even a lively scratch single, like a fresh-as-spring combination of asparagus and beans or chicken and rice with lively seasonings from a mix or salad dressing, ignites rapturous applause from fans.

The wrap-up is a tortilla or bread, or it can be egg in an omelet. Either one has nondescript flavor, so the interior becomes a hero with exciting flavor.

More often than not, a wrap delivers a winning blow because it counts for the major part of the meal. It's the same as having the bases loaded in the bottom of the ninth with the batter able to win or lose the game with a single swing.

Wraps are a mainstay of shortcut cooking. An omelet is nothing more than flat scrambled egg; a

nonstick skillet or nonstick cooking spray lets it slide out without sticking. It can be made with eggs or yolk-free egg product. Watch for flavored flour tortillas coming to markets soon, after people have eaten them in restaurants.

A filling starts with favorite flavors, then little elements season it to make it "jump" on the flavor palate. Salsa or taco seasoning mix gives instant pep. A pinch of curry, dash of pepper sauce or tablespoon of capers with a dash of lemon or lime juice and chopped onion and celery make it pop.

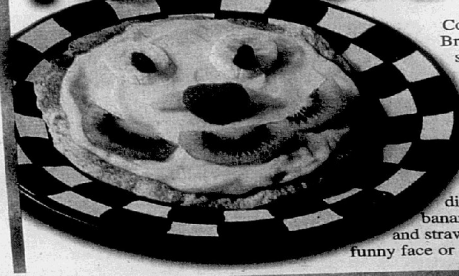
For a low-fat liquid, use fruit juice or nectar, reduced-fat salad dressing or reduced-salt chicken broth. A dollop of mayonnaise, sour cream or yogurt or a sprinkle of shredded cheese makes a good topper; reduced-fat varieties can be used.

Leftovers come off the bench for fresh muscle. Bits of cooked meat and vegetables put new flavors into play for game-winning punch.

For a crunchy asparagus omelet, stir and toss 2 to 2-1/2 cups asparagus (1-inch) pieces, in a large skillet coated with nonstick cooking spray 4 to 5 minutes. Stir in 1/2 cup chopped walnuts and cook 1 minute. Stir in 1 can (4 ounces) sliced mushrooms, drained, and 1/3 cup chopped, roasted, peeled red peppers, drained (from a jar). Cook

SEE WRAP-SURE, INSIDE TODAY'S FOOD PAGE 2

FUNNY FACE FRUIT PIZZA



Combine 3 tablespoons sugar and 1 teaspoon cinnamon. Brush 6 small (6-inch) flour tortillas with water, then sprinkle sugar mixture on top.

Place on baking sheet coated with nonstick cooking spray. Bake in preheated 400 degree oven about 10 minutes until lightly browned.

Prepare 1 package (4 servings) instant vanilla pudding according to package directions.

Spoon about 1/3 cup pudding on each tortilla. Arrange banana, mango, kiwifruit, raisins and strawberries on pudding to make funny face or design.

Kids' Cuisine

Today's Food

Heart-y Bites

By LIBBY MILLS

Gelatin's charms smooth frown lines into big grins

Few people skip the comics of a newspaper. From the traveling executive in an airport to the retiree with eyes twinkling over an old favorite, from the mom catching a point of parental humor to a child learning to read, they catch the wit — and sometimes wisdom — of someone who shares their humor.

The same enjoyment goes with gelatin desserts. Like a comical caricature, bright colors, fruity flavors and strange oddness of shimmering gels say goodbye to ho-hum doldrums.

Gelled desserts market themselves. A cook — a term used loosely because mixing with boiling water is the procedure — who prefers the nonsense of the business section of a newspaper is delighted, too.

Gelled desserts require minimal inventory space, little labor or time to make, and can be made ahead of time.

With kids around, it is easy to find cheap help, too. Value-added opportunities abound with choices of diced apple or pear, sliced strawberries, halved grapes, chopped nuts, shredded carrot or lettuce, or chunks of celery for contrasting color and texture.

Low-fat whipped topping, sour cream, cottage cheese, or milk makes the mixture foamy and softens colors into irresistible creamy pastels in tune with spring. "Naturally fat-free" is the tickling caption on this

type of dessert. Because eating too much fat increases the risk of heart disease and stroke, obesity, diabetes, cancer and a host of other health problems, these desserts keep fat from having the last laugh.

Like soggy panels of Dilbert or Dagwood, a few practices can dampen enthusiasm for the day's chuckle:

- Don't freeze gelatin to force it to chill faster.
- For best suspension, wait to add fruits, vegetables and nuts until gelatin is partially set.
- Stir the mixture minimally to prevent ingredients settling at the bottom or rising to the top.
- If adding liquid before chilling, decrease the liquid by the same amount.

- Because fresh pineapple contains bromelain and fresh kiwifruit contains actinides, only use processed or cooked versions, because heat de-activates these enzymes.

Simply served, each cool spoonful of wiggly and jiggy gelatin softens a world-weary face into a contagious smile. Celebrate the season with Spring Fruit Salad.

Registered dietitian Libby Mills is a staff member of the American Heart Association, St. Louis Chapter.

American Heart Association representatives will conduct supermarket tours throughout the metropolitan area through June. For information or reservations,

call 45-HEART. Free recipes and food products will be distributed.

SPRING FRUIT SALAD

- 1 pkg. (4 servings) strawberry gelatin
- 1 cup boiling water
- ¾ cup quartered fresh strawberries
- ½ cup canned pineapple
- 1 banana, mashed
- ½ cup chopped macadamia nuts
- ½ cup light sour cream

More sliced fresh strawberries, if desired

In bowl, combine gelatin and boiling water. Stir until dissolved. Pour half the mixture into second bowl.

Add juice drained from pineapple to gelatin in one bowl. Pour into mold. Refrigerate.

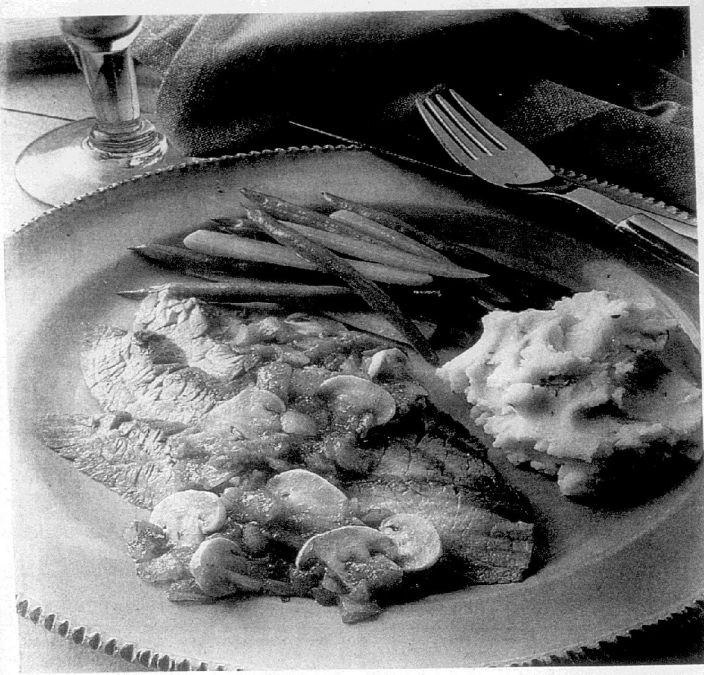
Add banana and sour cream to remaining gelatin. Refrigerate.

When mixture in mold is partially set, gently stir in pineapple and strawberries. Refrigerate again.

When mixture in bowl is set partially, gently stir in nuts. Gently spoon over gelatin in mold. Refrigerate until fully set.

Loosen gelatin from mold by dipping mold into warm water. Place serving plate over mold and invert. Garnish with more berries.

Yields 6 servings; 180 calories, 8 g fat, 7 mg cholesterol and 66 mg sodium each.



A five-ingredient main dish puts the sizzle into ho-hum steak and potatoes.

Ingredients of fine eating never fade out of style

Tired of feeding the family the same old dishes, but don't have time to fuss? Then take a new look at eating ideas that skip on preparation time, but not on grandiose flavor.

Start with London broil. While the steak broils, mushrooms and onions are briefly sautéed, then combined with zesty salsa from a jar. This teams speed and scratch cooking at their best, teaming up fast-to-fix, fresh ingredients, such as steak and mushrooms, with top-quality and tasty packaged products, like salsa.

Equally appealing to meat-lovers and time-pressed cooks is roasted pork tenderloin with garlic-flavored mushrooms and tomatoes.

This one-pot dinner could not be easier as the flavorful mushroom and tomato mixture roasts along with the pork. Everything is done to perfection in 25 minutes.

Roasting intensifies the earthy flavor of the mushrooms and the sweetness of the tomatoes.

Keep mushrooms refrigerated until it is time to use them. Clean them by

wiping gently with a damp cloth or a quick rinse under cold water.

LONDON BROIL WITH MUSHROOM SALSA SAUCE

- 1 lb. flank, round or shoulder steak
- 2 tsp. olive oil
- 8 oz. fresh mushrooms, sliced (about 3 cups)
- ¾ cup diced onion
- 1 cup chunky tomato salsa

Season steak with salt and pepper to taste. On rack, broil about ¾ inches from heat until done as desired, 4 to 5 minutes on each side for medium-rare.

In large nonstick skillet over medium-high heat, sauté mushrooms and onion in hot oil about 6 minutes until lightly browned and liquid evaporates.

Stir in salsa. Cook, mixing gently, until salsa is just heated through.

Carve steak diagonally across grain in thin slices. Serve with salsa.

Makes 4 servings.

ROASTED PORK WITH MUSHROOMS AND TOMATOES

- 1 lb. pork tenderloin
- Salt and pepper to taste
- 12 oz. fresh mushrooms, sliced (about 4½ cups)
- 2 cups tomatoes, cut in 1 inch cubes
- 1 tsp. olive oil
- 2 tsp. chopped garlic

Preheat oven to 425°. Rub pork on all sides with salt and pepper. Place on one side of large roasting pan.

In large bowl, combine mushrooms, tomato, oil, garlic, salt and pepper. Mix gently.

Spoon vegetables into pan with pork, spreading in even layer.

Roast about 25 minutes until meat thermometer inserted in middle of pork registers 160°.

Cut pork in thin slices. Top with mushrooms and tomatoes.

Yields 4 servings.

Blue Ribbon Cook

Easy Black Bean Chili warms up for quick meal

EASY BLACK BEAN CHILI

- 1 can (15 oz.) black beans, rinsed, drained
- 1 can (14.5 oz.) diced tomatoes
- 1 can (11 oz.) corn and peppers
- 1 envelope taco seasoning
- 1 cup water
- 1 tsp. beef bouillon granules

In saucepan over medium heat, combine beans, undrained tomatoes and undrained corn and peppers. Stir in taco seasoning. Add water and bouillon, stirring to dissolve granules.

Bring mixture to simmer. Simmer several minutes; stirring occasionally, until well heated.

Makes 4 to 6 servings.

time to submit a recipe for using leftover Easter ham. Any type of recipe using ham is welcome.

A single household can submit a single recipe to: Ham-It-Up Recipe Contest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

Wrap-Sure

Continued from page 1
1 minute longer. Stir in ¼ cup grated parmesan cheese. Season to taste with salt and pepper. Use filling in four 2-egg omelets.

WARM CHICKEN CAESAR WRAPS

- 4 individually frozen, boneless, skinless chicken breasts
- 1 cup water
- 1 cup uncooked instant rice
- ¾ cup fat-free Caesar salad dressing
- 8 (10 inch) flour tortillas, warmed
- 2 cups shredded lettuce
- 2 tomatoes, chopped
- ½ cup seasoned croutons, if desired

Hold chicken under lukewarm running water 1 to 2 minutes to remove protective ice glaze. Cut chicken in 1-inch pieces.

In large skillet coated with nonstick cooking spray, cook chicken over medium-high heat 12 to 15 minutes until light brown and juices run clear.

Add water. Bring to boil. Add rice. Remove from heat. Let stand, covered, 5 minutes or until liquid is absorbed. Stir in salad dressing. Fill each tortilla with lettuce, chicken and rice mixture, tomato and croutons. Fold in sides of tortilla, then roll up.

Serve with black beans and fresh fruit, if desired.

UPTOWN TACOS

- 1 can (15 oz.) black beans
- ¾ lb. (12 to 14 medium to large spears) fresh asparagus
- 2 tbsp. diced red bell pepper
- 1 to 1½ tsp. chili powder or 1 envelope taco seasoning mix
- ¼ cup water
- ½ cup chopped walnuts
- Salt, if desired
- 8 large flour tortillas, warmed, or 8 crisp taco shells
- 1 cup (4 oz.) grated cheddar cheese (reduced-fat, if desired)
- Salsa
- Shredded iceberg lettuce

Drain, then rinse beans, then drain them again. Cut asparagus in 1-inch pieces to make 2 to 2½ cups. Place large nonstick skillet coated with nonstick cooking spray over medium-high heat. Cook asparagus and pepper 4 to 5 minutes, stirring and tossing often. Stir in chili powder, water and beans. Cook, covered, 2 minutes. Add walnuts. Stir about 1 minute. Season with salt.

Divide filling among warm tortillas, using about ½ cup in each. Fold tortillas to enclose filling. Top with 2 tablespoons grated cheese.

Pass salsa and lettuce to top tacos as desired. Makes 8 tacos or 4 servings.

ASPARAGUS WRAP-UPS

- 1 pkg. (8 oz.) cream cheese, softened
- 1 tsp. (¼ stick) margarine or butter, softened
- ½ tsp. onion powder
- 1/8 tsp. garlic powder
- 1/8 tsp. salt
- 2 tsp. Worcestershire sauce
- 6 slices bacon, cooked until crisp, crumbled
- 20 slices white bread, crusts removed
- 20 spears fresh asparagus, cooked, trimmed to width of bread
- Grated parmesan cheese
- Paprika

Preheat oven to 400°. Blend together cream cheese and margarine. Add onion powder, garlic powder, salt, Worcestershire sauce and bacon.

Flatten each piece of bread with rolling pin. Spread thin layer of cheese mixture on each slice, reserving ½ cup cheese mixture for frosting. Sprinkle each slice of bread with parmesan cheese. Add an asparagus spear. Roll up bread. Place seam-side down on baking sheet. Frost tops with reserved cheese mixture. Sprinkle with parmesan cheese and paprika.

Cut each roll in 2 or 3 pieces. Bake in preheated oven 15 minutes or until golden in color.

Today's Food

Recipe

COUNTRY-STYLE CREAMED HAM

- 1 cup diced ham
- 2 tbsp. butter or margarine
- 1/2 cup warm milk
- 1/2 cup chicken broth
- 1/8 tsp. white pepper
- 2 hard-cooked eggs, quartered
- 2 tbsp. chopped chives
- Cornbread

Melt butter in skillet. Add heat. Cook and stir over low heat 2 to 3 minutes. Slowly stir in milk and broth. Add pepper. Cook and stir until thickened.

Carefully add eggs and ham to sauce. Do not stir.

BANANA ORANGE BARS

- 1/2 cup reduced-fat margarine
- 3/4 cup packed brown sugar
- 3 extra-ripe bananas, mashed (about 1 1/2 cups)
- 2 eggs
- 1/2 cup orange marmalade or peach preserves
- 1 tsp. vanilla
- 2 cups flour
- 1/2 cup chopped walnuts or pecans
- 1/2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. salt

- 1 cup confectioner's sugar
- 5 tsp. orange juice

Preheat oven to 350°. Coat 13-by-9-inch baking pan with nonstick cooking spray.

Beat together margarine and brown sugar. Stir in banana, eggs, marmalade and vanilla. Mix until well blended.

Pour batter into prepared pan. Bake in preheated oven 30 to 35 minutes until lightly browned. Cool.

Stir together confectioner's sugar and orange juice. If too thick to pour, add a couple drops orange juice or microwave on high power 10 seconds. Pour over top.

Cut in bars.

Makes 32 bars; 115 calories, 3 g fat, 13 mg cholesterol, 83 mg sodium, 21 g carbohydrate and 2 g protein each.

Berry masterpieces float like April tulips

It's wonderful to have spring again. One of its most joyful and brightest foods is strawberries.

The very best ones are shiny, firm and fragrant. A strawberry should be almost completely red, though some white near the leafy cap "white shoulders" is common. When choosing berries, skip those that are moldy or lack aroma.

Keep berries — including raspberries, blueberries and blackberries — refrigerated in their containers until ready to use them. If any develops mold, get rid of it as soon as it is spotted because it spreads quickly.

Leave caps or hulls on strawberries until they are washed. Wash them just before using them.

These recipes are easy to make. The meringue over the berries is a joy to make if all equipment is clean. Even a drop of fat or yolk in whites keeps them from becoming frothy. Egg whites beat to greater volume at room temperature.

The cannoli cream idea is from a booklet of recipes by chef Leslie Revin. To receive it, send a stamped, self-addressed, business-size envelope to: Special Collection, Department N, Driscoll Strawberry Associates, P.O. Box 50045, Watsonville, Calif. 95077. It also

can be ordered by calling toll-free 1-800-871-3333 or e-mailing at website www.driscolls.com.

BERRIES IN A CLOUD

- 1 lb. strawberries, rinsed, dried, hulled, halved or quartered
- 6 oz. blueberries, rinsed, dried
- 6 oz. raspberries, rinsed, dried
- 3 tbsp. seedless raspberry preserves
- 3 egg whites
- 1/4 tsp. cream of tartar
- 6 tbsp. sugar
- 1 1/2 tbsp. pine nuts or slivered almonds

Preheat oven to 350°.

In large bowl, combine strawberries, blueberries and raspberries.

Heat preserves in microwave oven 20 to 30 seconds or in a small saucepan or skillet over low heat until melted. Pour warm preserves (let cool slightly if hot) over berries. Mix gently.

Turn berries into shallow 8- or 9-inch baking dish or pie plate.

In large clean glass or metal bowl, beat egg whites and cream of tartar at high speed until just foamy. Gradually add sugar, while

beating constantly, until stiff peaks form and sugar is dissolved (rub a bit between thumb and forefinger to test).

Pile meringue over berries, swirling lightly. Sprinkle with nuts.

Bake in preheated oven 12 to 15 minutes until meringue is golden brown. Makes 4 to 6 servings.

STRAWBERRIES WITH CANNOLI CREAM

- 1 lb. strawberries, rinsed, dried, hulled, halved or quartered
- 1/2 cup part-skim ricotta cheese
- 2 tbsp. confectioner's sugar
- 1/8 tsp. grated orange peel
- 2 tbsp. orange juice
- 1/2 tsp. vanilla
- 2 drops almond extract
- 2 tsp. chopped semisweet chocolate

In food processor or blender, combine ricotta, confectioner's sugar, orange peel and juice, vanilla and almond extracts. Process or blend until very smooth. Stir in chocolate. Refrigerate, covered, until ready to serve.

Gently pour batter over crumbs. Bake in preheated oven 10 minutes. Reduce oven temperature to 250°. Bake 30 minutes longer. Remove from oven.

Using plastic spatula, gently loosen side of cheesecake from pan. Cool to room temperature. Refrigerate several hours or overnight. Remove side of springform pan. Serve garnished with whole or sliced strawberries. Makes 10 to 12 servings.

Recipes

CHEESECAKE

- 1 1/2 cups graham cracker crumbs
- 1/2 cup (1 stick) butter or margarine, melted
- 3 pkg. (8 oz. each) cream cheese, softened
- 3/4 cup sugar
- 1/2 cup sour cream
- 2 tsp. vanilla
- 3 tbsp. flour
- 3 eggs

Fresh strawberries Place graham cracker crumbs in bowl. Add butter to crumbs. Pat into bottom and halfway up side of springform pan.

Preheat oven to 450°. In large bowl, using medium speed of electric mixer, beat together cream cheese, sugar, sour cream and vanilla until smooth. Gradually add flour, blending well. Add eggs, one at a time, beating well after each addition.

Gently pour batter over crumbs. Bake in preheated oven 10 minutes. Reduce oven temperature to 250°. Bake 30 minutes longer. Remove from oven.

Using plastic spatula, gently loosen side of cheesecake from pan. Cool to room temperature. Refrigerate several hours or overnight.

Remove side of springform pan. Serve garnished with whole or sliced strawberries. Makes 10 to 12 servings.

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Today's Food

Mom's casserole might be different this decade

By Dana Jacobi
Correspondent

Casserole suppers are more than a quaint bit of culinary nostalgia from the days of molded gelatin salads and mile-high chiffon pies. While the first American casseroles date back to the beginning of this century, these one-dish suppers are still extremely popular.

By emphasizing small portions of lean meat, a variety of vegetables and whole grains, today's newly slimmed-down recipes help make casseroles a part of daily eating that health experts, including the American Institute for Cancer Research, recommend for better overall health and lower cancer risk. Technically, "casserole,"

refers to both a particular kind of dish and what is prepared in it.

A casserole has traditionally consisted of a variety of cut-up ingredients combined with a starch — such as noodles, potatoes or rice — doused with a soupy liquid and baked in the oven.

Tuna Noodle Casserole, quintessentially American, is as familiar as international dishes like lasagna, moussaka and pastitsio and American regional favorites of shrimp Creole and tamales.

The casserole first appeared in 1903. It was a recipe for chicken seasoned with ketchup, mushrooms and sherry wine baked in a covered dish.

By 1916, Campbell's was making canned soups and

promoting their use in casserole recipes.

During the Depression, casseroles became a hit by transforming low-cost ingredients into a hearty meal for a whole family. Their biggest boost came in 1934, with the introduction of condensed cream of mushroom soup. From then on, through the days of the Lindy hop and "I like Ike," casserole cookery remained popular.

Dana Jacobi — author of "Best Claypot Cooking" and "The Natural Kitchen, Soy!" submits this material for the American Institute for Cancer Research in Washington, D.C.

SPANISH CHICKEN AND RICE CASSEROLE

- 1 1/4 cup uncooked arborio or other short-grain rice
- 1 small onion, chopped
- 1 tbsps. extra virgin olive oil
- 1 can (14 1/2 oz.) stewed tomatoes
- 1 to 1 1/4 cups reduced-sodium chicken broth
- 1 tsp. paprika
- 1/2 tsp. oregano
- 3/4 tsp. freshly ground pepper
- 1 jar (7 oz.) roasted red peppers, drained, chopped
- 2 medium skinnless, boneless chicken breasts (about 1 1/4 lb.), cut in 1 inch pieces
- 1 bay leaf
- 1 cup frozen green peas

Preheat oven to 375°. In 2-quart casserole, combine rice, onion and oil. Add undrained tomatoes, 1 cup broth, paprika, oregano, ground pepper, roasted peppers and chicken. Mix together.

Bake, covered, in preheated oven 30 minutes. Stir in peas. If needed to keep rice from sticking, add remaining $\frac{1}{4}$ cup broth.

Bake 15 to 20 minutes longer until chicken is cooked through.
Remove bay leaf before serving.

Makes 6 servings, 311 calories and 5 g fat each.

Teens compete for prize in cheese recipe contest

Teens who feel at home in the kitchen can win a prize in the Balanced Meals My Way recipe contest. To accent the need for calcium by way of dairy products in everyday eating by young people, recipes must feature cheese.

Entries must be postmarked by April 20; a top winner in each of four categories — breakfast/brunch, lunch, dinner or snack — will be notified by May 15. Top prize is a \$2,500 U.S. savings bond and \$500 gift certificate to use on fitness equipment; other category winners will receive a \$1,000 bond and \$250 gift certificate toward equipment. The National Cheese

Institute is the sponsor.

For balanced nutrition, original recipes also must contain ingredients from at least two of the other four food groups: grains, vegetables, fruits, and/or meat/fish, dry beans. Preparation and cooking should take no more than 30 minutes and ingredients should number a maximum of 10. A photo of the prepared dish is optional.

Contestants between ages 13 and 18 can send recipe(s) to: Balanced Meals My Way Cheese Recipe Contest, P.O. Box 39101, Chicago, Ill. 60639. Each entry must contain contestant's name, address, phone number and age.

Recipe

JENNA'S ORANGE ROLLS

- 12 frozen dinner rolls,
thawed but still cold
Grated rind of 1 orange
½ cup granulated sugar
¼ cup plus 1 tbs. butter or
margarine, melted
1 cup confectioner's sugar
2 to 3 tbs. orange juice
½ tsp. vanilla
- Toss grated orange rind
with granulated sugar.
Roll each bread roll into

9-inch rope. Tie in loose knot. Roll each knot in $\frac{1}{4}$ cup melted butter, then in sugar mixture.

Place on baking sheet coated with nonstick cooking spray. Cover with plastic wrap. Let double in size. Remove wrap. Bake 15 to 20 minutes.

Remove from pan. Place on cooling rack. While rolls are still warm, brush with citrus glaze, made by mixing together confectioner's sugar, 1 tablespoon butter, juice and vanilla.

Yields 12 servings; 206 calories, 7 g fat, 189 mg sodium, 34 g carbohydrate and 3 g protein each. Food exchanges: 1 bread, 1 fat.



Chicken and rice casserole can be painted in new and different hues than older versions.

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Today's Food

SEAFOOD MARINADE

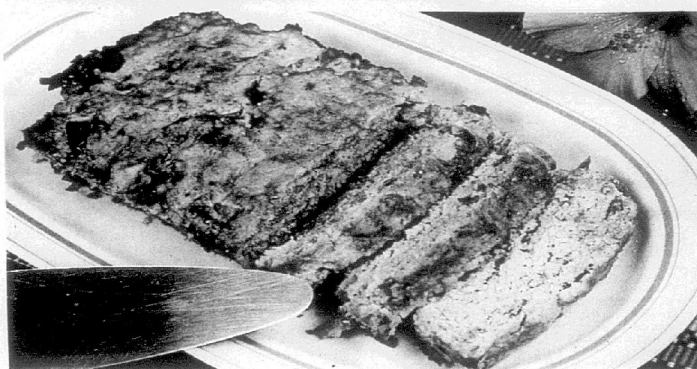
Combine 1/4 cup soy sauce; 2 tablespoons brown sugar; 1 tablespoon minced ginger

root; 2 tablespoons finely sliced orange peel; 2 tablespoons orange juice; 1/4 teaspoon crushed red pepper flakes; 4 green onions, sliced; 2 tablespoons butter, melted; and 1 clove garlic, minced.

Pour mixture over 4 serving-size fish fillets. Toss fish in marinade to cover all sides. Marinate 20 to 30 minutes, turning over once. Broil 5 inches from heat about 10 minutes, turning over once.

Good Health

By MELANIE POLK



An island load of flavor adapts meatloaf to more nutritious standards.

Favorite foods provide fodder for healthy eating for the entire family

Eating for better health does not mean family favorites are suddenly off-limits. The newest recommendations for cancer prevention from the American Institute for Cancer Research clearly show most favorite foods easily fit into a plan for healthier eating.

While it may take creative attention to ingredients, cooking methods and portion sizes, many ways exist to make almost any

favorite recipe healthier and more nutritious.

Whether it is a main dish, side dish or dessert, easy strategies improve a meal's nutritional profile. Reduce overall fat by picking pans with nonstick coating and coating them with nonstick cooking spray before cooking. Cut oil one-half to one-third when sauteing chopped onion and other vegetables. Use low heat to release vegetables' natural moisture or add broth to the oil. Substitute olive or canola oil for butter or margarine wherever possible.

Meat and poultry dishes require a few simple tricks of their own. Remove skin from poultry and carefully trim fat from meat before cooking. Steaming, braising and roasting meat and poultry helps retain moist, tender flavor without adding fat. Marinating meat adds flavor and tenderizes texture to make small portions more satisfying.

Here are ways to use these ideas in a main dish, like lasagna:

- Instead of Italian sausage, use 90 percent lean ground beef or turkey. Limit the amount of meat or poultry to four ounces or less per serving and drain

off any fat after cooking.

- Boost flavor and nutrition by mixing finely chopped garlic, onion and carrot into tomato sauce.

- Cook lasagna noodles without oil or salt. If the recipe calls for eggs, use two egg whites for each whole egg listed.

- Choose part-skim or nonfat ricotta cheese and part-skim mozzarella cheese.

- Just a tablespoon or two of grated parmesan or romano is enough to enjoy its assertive flavor.

- Before assembling the lasagna, use a nonstick baking dish coated with nonstick cooking spray.

This Caribbean-inspired dish perks up a traditional meal with island flavor. Leftovers tempt taste buds as sandwiches for lunch the next day.

For a free guide of ingredient substitutions for better health and lower cancer risk, write to: American Institute for Cancer Research, Department SS, P.O. Box 97167, Washington, D.C. 20090-7167.

Registered dietitian Melanie Polk is director of nutrition education for the AICR in Washington.

In small bowl, combine water and couscous. Let stand, covered, 15 to 20 minutes until couscous absorbs all the water.

In small nonstick skillet over medium-high heat, saute bell pepper, thyme, curry, cumin, allspice, ginger, salt, black and cayenne pepper and paprika in hot oil 1 to 2 minutes. Let cool.

In medium bowl, combine turkey, egg white, bell pepper mixture and couscous. Shape into round or rectangular loaf and place in prepared plate or pan.

Bake in preheated oven 35 to 45 minutes until meat thermometer inserted in center of meat reads 160° to 165° and juices run clear.

Makes 4 servings, 237 calories and 5 g fat each.

4 tbsp. chopped fresh mint
1/4 tsp. pepper

In large saucepan, simmer peas in water 5 minutes until almost tender. Add red pepper. Cook, covered, 2 to 3 minutes longer. Drain. Keep warm.

Melt butter in large saucepan. Saute mint 2 minutes. Add peas and red pepper. Toss well. Season with pepper. Serve immediately.

Makes 8 servings, 63 calories, 4 g protein, 1 g fat and 9 g carbohydrate each.

CARIBBEAN JERK TURKEY MEATLOAF

- 1/2 cup boiling water
- 1/2 cup couscous
- 1/2 cup diced red bell pepper
- 1 tsp. thyme
- 1 tsp. curry powder
- 1/2 tsp. ground cumin
- 1/2 tsp. allspice
- 1/2 tsp. ground ginger
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 1/4 tsp. cayenne pepper
- 1/4 tsp. paprika
- 1 lb. ground turkey breast
- 1 egg white

Preheat oven to 350°. Coat 9-inch pie plate or 8-by-4-inch loaf pan with nonstick cooking spray.

Recipe

MINTED PEAS WITH RED PEPPER

- 2 lb. sugar snap peas, trimmed
- 1 large red bell pepper, seeded, cut in julienne strips
- 1 tbsp. butter or margarine

Saute peas in water 5 minutes until almost tender. Add red pepper. Cook, covered, 2 to 3 minutes longer. Drain. Keep warm.

Melt butter in large saucepan. Saute mint 2 minutes. Add peas and red pepper. Toss well. Season with pepper. Serve immediately.

Makes 8 servings, 63 calories, 4 g protein, 1 g fat and 9 g carbohydrate each.

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Today's Food

Wise Ways

By MARY SCHROEPFER

Micro Raves

KATHY HANEWINKEL

Meal budget gets the ax in time to pay the tax

Saving money is of utmost importance at this "taxing time." Ready-to-use canned kidney, red, pinto and black beans fit

the bill and the budget. In the past, beans were known as "poor man's meat" because they provided a large amount of high-

quality, low-cost protein. Beans are not just for big families. Busy singles and families want to save money and eat at home can capitalize on their positive qualities, too.

A one-dish meal, like a bean and rice skillet meal or a bean casserole, saves time. Serve it with one other quick-to-make side item, such as a citrus salad. Cleanup is faster, too, because the meal is mixed, cooked, served and stored in one or two dishes.

Today, a health-conscious consumer chooses beans because they are low in fat, high in fiber and provide calcium, magnesium, zinc, iron and B vitamins.

Home economist Mary Schroepfer is nutrition specialist for University Extension (University of Missouri system) in Franklin County.

CAJUN RICE AND RED BEANS

- 1 tbsp. oil
- 1 medium onion, chopped
- 2 cloves garlic, finely minced
- 2 medium tomatoes, finely diced
- 1 medium green bell

- pepper, chopped
- 3 ribs celery, thinly sliced
- 1/2 tsp. leaf oregano
- 1/2 tsp. thyme
- 1/2 tsp. pepper
- Salt, if desired
- 1 can (15 oz.) red beans, rinsed, drained

4 cups cooked brown rice
In large skillet, saute onion and garlic in hot oil until soft. Add tomato, green pepper, celery and oregano. Simmer, covered, about 5 minutes until vegetables are tender-crisp.

Add beans. Simmer, stirring occasionally, until heated through. Add salt and pepper.

When ready to serve, spoon vegetable-bean mixture over rice.

Makes eight (1-cup) servings; 210 calories, 3 g fat, no cholesterol, 149 mg sodium and 7 g fiber each (without added salt).

Set Thursday aside again as mom's meatloaf night

When I was a child, all the moms in the neighborhood must have gotten together and declared Thursday "meatloaf night." Those days are gone. Meatloaf night fell from the weekly lineup when Americans became alarmed about fat and cholesterol in ground beef. Now, with ground turkey breast and diet-lean ground beef, meat loaf can be on the menu again.

A microwave oven makes swift work of the dish. A roasting rack — real or improvised — lets grease drip away from meat without sitting in it. Covering the loaf with waxed paper keeps down spattering and makes easier clean up.

Here are more microwave tips for ground meat: For almost grease-free ground meat, crumble meat into a hard, plastic colander

set over a bowl. Microwave on high power, covered with waxed paper, 4 minutes per pound, stirring partway through cooking to break up clumps. Meat should be just barely pink when finished, so it loses

the pink tinge but keeps its juices during a 1-minute standing time after cooking. Discard the grease.

Home economist Kathy Hanewinkel specializes in microwave cooking.

INDIVIDUAL MEATLOAVES

- 1 1/2 lb. diet-lean ground beef
- 3/4 cup milk
- 1 egg
- 1 tsp. salt
- 1/4 tsp. pepper
- 1 cup bread crumbs
- 1/4 cup chopped onion
- 1 tsp. Worcestershire sauce
- 1/2 tsp. dry mustard
- 1/2 tsp. sage
- Barbecue sauce

In bowl, mix together

ground beef, milk, egg, salt, pepper, bread crumbs, onion, Worcestershire sauce, dry mustard and sage.

Shape mixture into 6 equal loaves. Arrange in circle on microwave rack of baking dish. Spread each loaf with barbecue sauce. Cover with waxed paper.

Microwave on high power 5 minutes. Rotate dish. Microwave on high power 7 to 9 minutes until almost done. Let loaves stand 3 minutes. Serve with more barbecue sauce, if desired.

Yields 6 individual loaves.

Test Run

Testers try fat-free chips

For every person who feels man can live by chips alone, there probably is another who gave them up for healthier eating habits.

Testers of Lay's potato and Doritos tortilla chips that say "Wow!" on their package had plenty to say about new products tried in Olean, Procter & Gamble's cooking oil that moves through the body without leaving behind fat or calories.

After test marketing the snacks last year in Columbus, Ohio, and Indianapolis, Ind., they came across the country to St. Louis markets two weeks ago. The testing included ringling fat-free potato crisps, sour cream and onion, plus barbecue flavors — expected locally this summer.

Many could not tell the difference between the Wow! chips and original Ruffles, Lay's original and mesquite barbecue chips and nacho cheese tortilla chips, particularly if they were not told they were the chip served.

"My first comment is 'yum!' Now I can eat Doritos again. They are awesome. I like the Ruffles, which are very crunchy. There is still a greasy texture to them, although perhaps less so than normal chips," said a chips lover, who gave up chips because of their fat and calories.

The potato chips have no fat and 75 calories in a serving of 17 to 21 chips, based on variety.

Several tasters concentrated on one or two varieties. One's efforts went toward mesquite chips.

"If they truly are fat-free, they're a godsend. I didn't miss anything at all in the taste and they're still as crunchy as ever," he said.

Another added perspective to Pringles sour cream and onion chips.

"The ranch-flavored chips and the mesquite barbecue chips had a very good flavor and neither had an aftertaste. Both were as crunchy as regular chips," he said.

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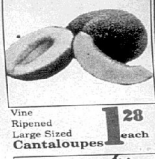
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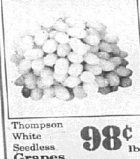
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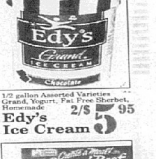
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Today's Food



The late winter harvest of grapes in South Africa leads to desserts with tempting sweetness in North America.

Grape expectations earn bunches of compliments

Everyone wants to do better in life. That extends to foods people eat. Tempering everyday healthful eating with easy treats for rewards is a balancing act. To satisfy a desire to savor a quick dessert, turn to fruit for sweet flavor accents. It is easy to assemble elegant Fruity Cheese Tarts in a matter of minutes. The smooth, silky texture of cheese pairs with refreshing bursts of flavor from spectacular purple-black grapes from as far

away as South Africa. For another occasion, satisfy a sweet tooth with Great Grape Crumble. An old-fashioned streusel topping graces luscious grapes in an easy gathering of flavors and textures. For more recipes using Cape fruit, visit the web site www.capefruit.com for an earful from an informative grapevine ripe with nutritional updates, facts, a fun and educational site for kids, and answers to frequently asked questions.

GREAT GRAPE CRUMBLE

- 3 cups jumbo black grapes, halved, seeded
- 2 tsp. cornstarch
- 1/2 cup apricot preserves
- 1/2 cup flour
- 1/2 cup packed brown sugar
- 1/2 tsp. ground ginger
- 1/2 cup cold butter, cut in bits

Preheat oven to 375°. Grease 8-inch square baking dish. In bowl, toss grapes with cornstarch. Stir in preserves. Place in prepared dish.

In food processor, combine flour, sugar, ginger and butter until crumbly. Sprinkle over fruit.

Bake in preheated oven 30 to 35 minutes until topping is golden and filling is bubbly. Serve warm or at room temperature, with ice cream if desired.

Makes 6 servings.

FRUITY CHEESE TARTS

- 6 to 8 (1 oz. each) sponge cake shells or 1 (7 oz.) sponge cake shell
- 2 tsp. orange liqueur or orange juice
- 1 1/2 cups mascarpone cheese (see Note)
- 1/4 cup sugar
- 1 tsp. grated orange rind
- 3 cups jumbo black grapes, halved, seeded
- Raspberries or strawberries, if desired
- 1/2 cup orange marmalade

Brush sponge cakes with liqueur to moisten them. In bowl, combine cheese, sugar and orange rind until smooth. Spread in cake shells. Arrange grapes cut-side down on cheese layer. Add berries.

In small saucepan, heat marmalade over low heat. Brush over fruit. Refrigerate.

Recipe

APPLE MUFFINS

- 2 cups flour
- 2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1 cup firmly packed light brown sugar
- 1/4 tsp. cinnamon
- 1 medium apple (granny smith preferred), peeled, cored, cut in 1/4 inch cubes (1 cup)
- 1/2 cup chopped walnuts
- 1 cup buttermilk
- 1 egg, slightly beaten
- 1/4 cup (1/2 stick) unsalted butter, melted

Preheat oven to 400°. In large bowl, combine flour, baking soda, baking powder, salt, sugar, cinnamon, apple and half the walnuts. Make well in center.

Combine buttermilk, egg and butter in medium bowl. Add at one time to ingredients. Stir until dry ingredients are just moistened. Do not overmix; batter will be lumpy.

Divide batter evenly between nonstick muffin pans or pans coated with nonstick cooking spray. Sprinkle with remaining walnuts. Cups can be almost full. Bake in preheated oven 20 to 25 minutes until lightly golden and wooden pick inserted in center comes out clean. Tent with aluminum foil if muffins brown too quickly.

Cool muffins in pan on wire rack 5 minutes. Run plastic knife or thin rubber spatula around edges of muffins. Remove from pan. Serve warm. Makes 12 muffins.

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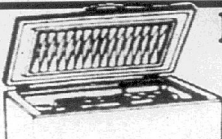
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Today's Food

Recipe

JULIUS SALMON CAESAR SALAD

- 1 can (14 3/4 oz.) salmon, drained, flaked
- 1 clove garlic, peeled,

- smashed
- 1 tbsp. olive oil
- 2 cups cubed French bread
- 1 head romaine lettuce, torn in bite-size pieces (about 15 cups)
- 2 cups cherry tomatoes
- 1 tsp. grated parmesan cheese
- Pepper to taste

In medium skillet over

medium heat, saute garlic in oil 1 to 2 minutes. Remove garlic. Stir in bread. Saute 5 minutes, stirring occasionally, until golden brown. Remove from heat.

In large bowl, toss lettuce and tomatoes with Caesar Salad Dressing and parmesan cheese until evenly coated. Gently toss with salmon and croutons. Season with

pepper.

Caesar Salad Dressing: Whisk together 1/2 cup olive oil, 4 teaspoons lemon juice, 1 tablespoon mayonnaise, 2 cloves garlic, pressed, and if desired, 2 anchovy fillets, minced, until well combined. Makes 6 servings; 346 calories, 21 g protein, 14 g carbohydrate, 22 g fat, 34 mg cholesterol, 564 mg sodium and 4 g dietary fiber each.

HERB, PLANT SALE

The Webster Groves Herb Society will hold its 27th Annual Plant and Herb Sale from 9 a.m. to 2 p.m. Saturday at First Congregational Church, Lockwood and Elm Avenues, Webster Groves.

Thousands of plants, including herbs, and herbal information will be available.

Recipes

CRUNCHY CITRUS SALSA CHICKEN

- 1 cup original wheat germ
- 2 tsp. ground cumin
- 1/4 tsp. cayenne pepper
- 2 egg whites
- 1 tbsp. water
- 4 skinless, boneless chicken breast halves
- 1 1/2 cups peeled, diced orange
- 1/2 cup chopped red bell pepper
- 1/4 cup chopped, pitted black olives
- 1/4 cup chopped red onion
- 2 tbsp. chopped fresh cilantro

Preheat oven to 400°. Coat baking sheet with nonstick cooking spray.

Combine wheat germ, cumin and cayenne. Mix well.

Beat egg whites and water until frothy. Dip chicken into egg mixture, then in wheat germ mixture.

Dip chicken again, coating thoroughly.

Arrange chicken on prepared pan. Spray chicken with cooking spray. Bake in preheated oven 18 minutes or until chicken is no longer pink.

Combine orange, bell pepper, olives, onion and cilantro. Serve with chicken.

Makes 4 servings; 290 calories, 2 g fat, 70 mg cholesterol, 170 mg sodium, 35 g protein and 6 g dietary fiber each.

FETTUCCINE SIDE-DISH

- 12 oz. uncooked fettuccine (or fettuccine florentine)
- 3 cloves garlic, minced
- 3/4 cup half-and-half or evaporated milk
- 1/2 cup chicken broth
- 1 tsp. cornstarch
- 3/4 cup grated parmesan cheese
- 1/4 cup chopped fresh parsley
- 1/4 tsp. salt
- 1/4 tsp. pepper

Cook pasta according to package direction. Drain. Lightly coat 2-quart saucepan with nonstick cooking spray. Add garlic. Cook 1 minute; do not brown.

Stir together half-and-half, chicken broth and cornstarch. Add to saucepan. Heat to boiling, stirring often. Reduce heat. Simmer 1 minute.

Remove from heat. Whisk in parmesan cheese, parsley, salt and pepper.

Toss hot pasta and sauce. Serve immediately.

Makes twelve (1 1/2 cup) servings; 160 calories and 5 g fat each.

SUCCOTASH VINAIGRETTE

- 1 pkg. (10 oz.) frozen lima beans, cooked, cooled
- 1 can (8 oz.) kernel corn, drained
- 1/2 red bell pepper, seeded, chopped
- 1/2 cup cider vinegar
- 2 tsp. olive oil
- 1/2 tsp. salt
- 1/4 tsp. coarsely ground pepper
- 2 tbsp. chopped chives

In medium bowl, stir together lima beans, corn and bell pepper.

In small bowl, combine vinegar, oil, salt and pepper. Mix well.

Pour over lima bean mixture. Cover. Let stand at room temperature 1 hour before serving or refrigerate overnight.

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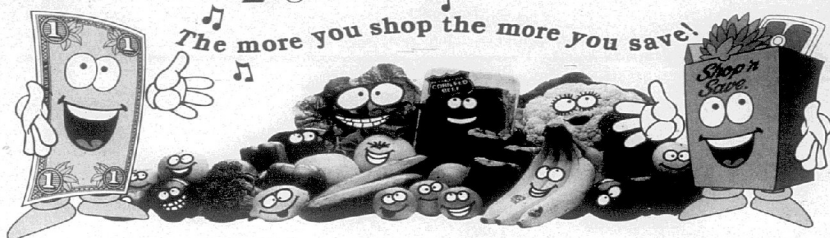
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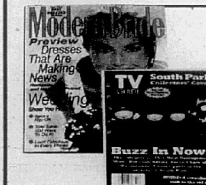


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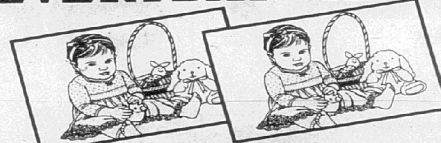
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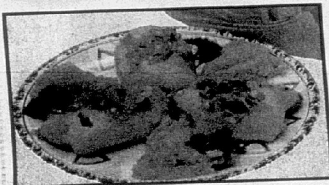
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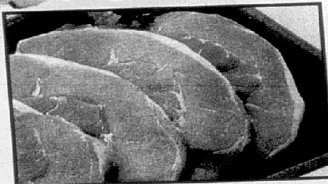
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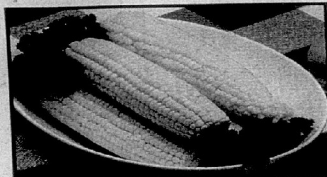
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AUTOMOTIVE

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Oldsmobile Intrigue GL has personality of an import

By Tom Strongman

In many ways, the mid-size Intrigue GL is like a scaled-down Oldsmobile Aurora, a fact reinforced by its nearly identical front end and the easy way it handles the road.

With European style, a creamy smooth V-6 and sure-footed handling, the Aurora is one of the best cars in General Motors' stable. Mimicking it makes sense for a company that wants its cars to reflect many of the same qualities found among its competitors: a well-controlled ride, plenty of standard equipment and contemporary styling.

The Intrigue is derived from the same platform as the Buick Century and Pontiac Grand Prix, but its personality is more like an imported sedan than the Buick or Pontiac. It rides a 109-inch wheelbase, and the 3.8-liter, 3800 Series II V-6 powers the front wheels. Fuel economy is rated at 19 mpg city and 30 on the highway.

With 185 horsepower, it scoots away from stops with vigor, yet rolls down the highway with a minimum of fuss. It lacks the high-rpm zip and smoothness of a multi-valve, overhead-cam engine like that found in many of its competitors, but that will change next year when a six-cylinder version of the Aurora V-8 becomes available.

While the Grand Prix has the rakish profile of a sports coupe, the Intrigue is more subdued. Competitors include cars such as the Toyota Camry, Ford Taurus, Pontiac Grand Prix and Volkswagen Passat.

Inside, the Intrigue is comfortable because most convenience items (power windows and locks, power driver's seat, cruise con-

trol, power mirrors) are standard. Our test car had leather-trimmed bucket seats with excellent lumbar support. The back seat is large enough for three people, and leg room is good but not exceptional. The trunk, too, is fairly big, and its cargo net keeps small items from crashing around.

Map pockets are located in the doors as well as on the backs of the front seats.

The instrument panel has a leather-like texture that not only reduces glare but looks expensive. The gauge cluster design, including speedometer and tachometer, reflects the same kind of simple elegance found in many imports. Dual-zone automatic heating/cooling lets each front seat passenger select his or her own temperature.

Controls for the radio and heater are grouped in the center of the dash within an arm's length of the driver. Large, rubber knobs provide a secure grip and work with a smoothness and precision not found in previous Oldsmobiles, except for the Aurora. At night, the tiny lights inside the buttons made them feel noticeably warm, a pretty minor point but something I have not encountered before.

Buttons for the radio and cruise control were mounted alongside the center of the horn on the steering wheel.

The foot-operated parking brake is located in such a way that it can snag your foot while you are getting out.

Our test car was equipped with the \$230 Autobahn package of larger front brake rotors and H-rated tires. These tires have a

top-speed rating of 128 mph. While we can't legally drive at that speed in this country, the bigger brakes are definitely worth the cost.

In sum, the Intrigue is a well-balanced sedan with conservative styling, room for four and a competitive price, which makes it a worthwhile alternative to the Taurus, Camry and Accord.

The base price of our test car was \$22,100. Options included leather-trimmed seats (\$995), Autobahn package (\$230), upgraded AM/FM with CD player (\$200) and remote steering wheel controls (\$125).

The sticker price was \$24,200. The basic warranty is for three years or 36,000 miles.

Point: Many of Oldsmobile's new products are designed with personalities similar to many imports, and the Intrigue GL fits that mold well. It is well-equipped, has good performance and a supple ride.

Counterpoint: While the 3800 engine is pretty good, it is not as smooth as a multi-valve V-6, which is coming next year. Gripes are limited to small things, such as a poorly placed parking brake and buttons that get warm at night.

Spring is time to clean, inspect vehicle

By Rick Stoff

Spring took its own sweet time getting here, but if it manages to keep bringing the sun up in the morning it will be welcome nonetheless.

And a little warm sunshine will be warmly received by all the do-it-yourselfers looking forward to the vehicle-maintenance tasks that were neglected all winter. The Midwest enjoyed a relatively mild winter, but we experienced enough sloppy weather to leave salt and slush residues on and under our cars and trucks.

So spring is a time when many automotive businesses remind us of all the things we should be cleaning and checking on our vehicles, and of course, buying supplies. Most of their recommendations do make sense, however.

The latest list comes from the NAPA Auto Parts chain, which has taken the care to register the trademark "NAPA Spring Clean Checklist." So it must be a very good list.

Anyway, NAPA says the spring cleaning operation should begin with a check of the radiator and underhood area of your vehicle to remove stuff like leaves and trash that have been accumulating since last fall.

Next on the list is an examination of the coolant solution in the radiator. NAPA points out that "fresh antifreeze is very vivid in color, usually bright green or blue, whereas dirty antifreeze looks dull." Even if the antifreeze got you through the winter it still could be worn out, as modern coolants also contain rust inhibitors and lubricants that deplete with age.

You or your technician can check the freeze protection of the coolant with testers available at your auto parts store.

If your vehicle's thermostat hasn't been replaced in two or three years, consider doing so. It costs a few bucks and can avert many serious malfunctions down the road. "If the thermostat in your cooling system isn't operating properly, your engine can run too hot or cold, causing either your gas mileage to decrease or, worse, your engine to overheat," NAPA says. It is possible to check the used thermostat, but removing and reinstalling it is enough of a task that you should just go ahead and get a new one.

NAPA also lists a good idea to try on the car's air conditioner now. It saves a lot of money in the 90-degree days of summer.

Belts, hoses and wiper blades also are due for examinations. They've been abused all winter by freezing rain, snow, slush, salt and sand. Spring storms and summer heat will further test them. Replacing them now, if necessary, will be cheaper than dealing with possible consequences later.

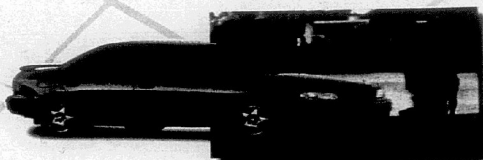
The NAPA list, surprisingly, does not mention all of the cleanup items that should be addressed on that next warm, sunny Saturday afternoon. (After all, NAPA sells cleaning and detailing supplies, too.) Your valuable car needs to have all of the winter's salt and slush flushed out of nooks and crannies. And it will look so good when you're done.

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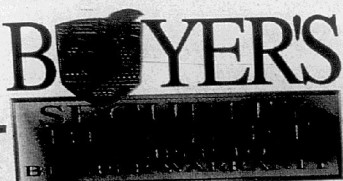
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